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SEXIES CALENDARS 2011!

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SOPHIE
HOWARD!



LINDSEY
STRUTT!



50 ace
footie
secrets!



Harry
Redknapp
exclusive!

Fifa 11
Vs
Pro Evo!



We meet
Alan
Sugar!



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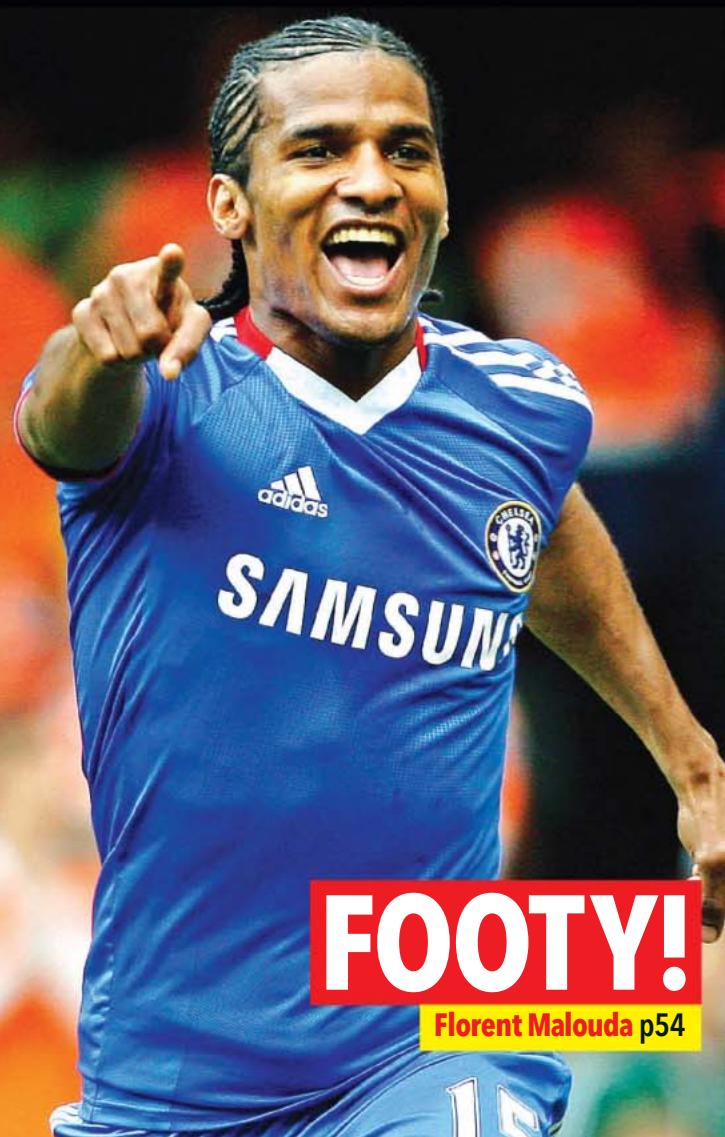


IN Nuts!



CARS!

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IN THE Nuts OFFICE!



Nuts man Pete ruins Tim Westwood's lunch



Nuts NEWS

STRUGGLING WITH THE HIGH NOTES, EVERY WEEK

Nuts EXCLUSIVE!

XFactor Sam strips!

Is she sexy? It's 100 per cent yes from us!



IN XFACTOR!

She's back! In 2008, Sam Grierson won our Nuts Babe Search, and now she's gone and got famous on *The X Factor* with girl band Husotle. And even better, she's agreed to get her kit off. Enjoy!

Hi Sam! Describe the whole X Factor experience so far. It's a cliché but I feel like I've been on a rollercoaster ride! I've worked so hard over the last ten years to try get somewhere in the music industry, so to make a mark is amazing. At the same time, I've gone through the wringer! ➤

"Are you sure this is biggest size top you have?"



"Come on, Righty, don't be shy!"

She had her
taxi hailing
down to a T

SEXY SINGER!





Her shadow puppet class was hugely oversubscribed

What's Simon like? Is he scary?

No, he's absolutely fabulous. He was the reason I joined the competition in the first place. His experience and his power in the industry are second to none. **You sound like you might fancy him a bit.** I didn't say that! He's a bit too old for me but he's good looking, sure. You don't get to be on TV all these years and do what he does if you don't look after yourself. But I see him more as a father or older brother type! **Weren't you tempted to come up with a sob story like "my cat got run over this morning" or something?** No! That'd be awful! I'm not fake. Viewers will vote for me if they think I look nice, if I can dance and if I can sing.

Is Cheryl a nice lady or just a bit grumpy? Unfortunately, I haven't had as much to do with her as I would have liked because she contracted malaria, but I have to confess to being a big fan. She's gorgeous, sweet and really nice. And she's a northern lass like me, so we should stick together!

What's it like being in a girl band? Is it all pillow fights and sleepovers? Actually, it's a lot of fun! A bunch of girls all thrown together, borrowing each other's clothes, getting changed and seeing each other naked half the time. I suppose it'd be most boys' fantasy but for us, it's all perfectly normal now!

Tell us a sexy secret about you. I quite like to have some "naked alone" time. That's when you step in the door, strip off, walk around naked, maybe do some cooking and just have some time for yourself. Being in the nude can be very relaxing, you know!

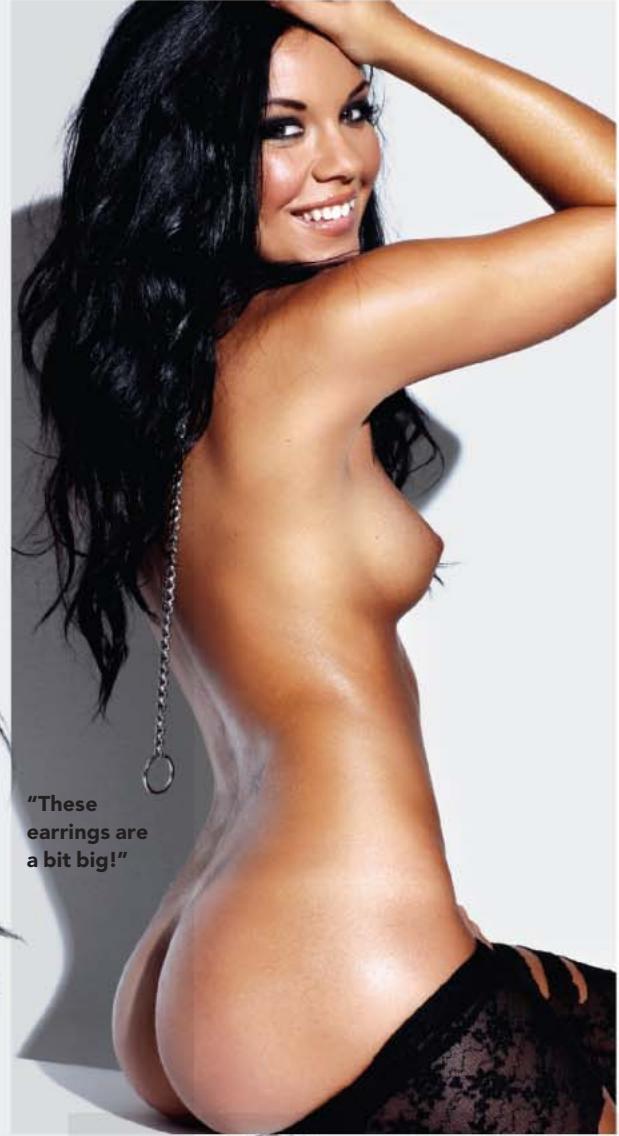
Is performing live in front of thousands of people better than sex? There's the same kind of rush that you get from good sex, definitely! Actually, it might be even better – which I guess just shows how disappointing my sex life has been recently!

If you get all famous in the music business, will you stop doing sexy Nuts shoots like this? No, not at all! I'll always find time for *Nuts*. Getting my kit off every once in a while is always good!

The X Factor is on every Saturday and Sunday at 7.30pm on ITV1



**She wouldn't let
anyone near her
giant Tic Tac**



Nuts EXCLUSIVE!

NUTS MAN!

'I wouldn't turn down England'

The Tottenham boss gives Nuts his thoughts on management, the World Cup and turning on the hairdryer!

Last week, *Nuts* had an exclusive chat with Spurs gaffer Harry Redknapp. Here are the best bits...

"The secret to being a great boss is having good players. If you don't have good players, you have no chance. At Spurs, we have a lot of talented players who were maybe short of confidence. Take Heurelho Gomes. He had a bad start when I came here, but I told him I knew he was a great keeper and that I believed in him. I don't think he understood me, as he didn't speak much English! Speaking of which, Pav's [Roman Pavlyuchenko] English is absolute rubbish! The interpreter used to run onto the pitch to tell him what I wanted, and he'd end up running around more than Pav!



"Being a player now is very different to how it was back in my day. It's a different game now. The training pitches are different, the food's different, the travel's different and the money's different. And they're always in the spotlight. Everything's on TV now. When I played, there'd be one game on a Saturday night on *Match Of The Day*, and that was it!

"Everyone wants footballers to slip up. Players have to be so careful now. Everyone has a camera on their phone – except me [shows *Nuts* man an old-school Nokia!] – and there's always someone wanting to sell stories to the papers. You're always going to get one or two players who step over the line and make mistakes. But in the main, they're good lads. They behave a lot better than we did back in the day, that's for sure!

"My best ever signing was Paolo Di Canio. When I signed him [for West Ham], everyone thought I was mad. He'd pushed a ref over and everyone thought he was a nutter. But he was a top player and the fans loved him, so he was a great signing. I remember a headline that said, "Redknapp walks a tightrope with no safety net underneath him – Di Canio will finish him!" But he didn't. He came in and he was great!

"It'll be difficult competing with Man City's financial power.

They're going to be the team to beat eventually, but not this year and I don't see them winning the Premier League. We battered them in the first game of the season. It looks to me like they might have to wait another year or two and keep spending money until they get it right!

"Sometimes, for the players, it's all about the money. I'd like to sit here and say the chance to play Champions League football is what appeals to players when it comes to signing contracts – and in some cases, I'm sure it is. But if someone's offering them 200 grand a week and someone's offering them 50 grand, believe you me, nine times out of ten, they'll take the 200 grand!

"I wouldn't turn down England. The end of Fabio Capello's contract is two years down the line – who knows where I'll be in two years? I could be manager of Poole Town! You only have to have a bad run and it can all change. So I never look that far ahead. I love what I'm doing at Spurs and I'm lucky to be doing this. But if in two years, somebody asked me to manage the national team... well, no Englishman could turn it down!

"England need an English manager. You wouldn't see an Englishman managing the Italy team, would you? It could only happen here! There are lots of lads out there who, given the opportunity, could do a good job. But how are these younger English managers ever going to get experience if they never get a job at a top-four side?

"I thought England would win the World Cup in South Africa.

I really did! I thought it was the best squad we'd had since I don't know when, and I can't believe we did as badly as we did. The next World Cup is in Brazil and that's going to be difficult.

"If money was no object, I'd sign Lionel Messi for Spurs. I think we'd take him! He's amazing, isn't he? Just unbelievable!

"I can't remember the lad who hit me with a ball in the famous YouTube video! I can't remember that boy's name, to be honest. But I know he got two years in prison for GBH! He was a full-back who played in Tottenham's reserve team but right now, I can't remember his name.

"I'm not averse to turning on the hairdryer from time to time! Sometimes, I get angry with the players. I remember there was one time when I was at Southampton, I was arguing with a player and I booted a big plateful of sandwiches that landed on his head! He had egg and watercress and bread on his head, and was sitting there still arguing with me!

"My son, Jamie, looks great in those tight trousers! He can certainly wear them, can't he? He looks alright in them. If I was as fit as Jamie, I'd probably want to wear tight trousers!

"The state Pompey are in makes me sad. During my time as manager of the club, I probably brought in £100million in transfers. I paid £5million for Lassana Diarra and sold him for £22m. I bought Glen Johnson for £4m and sold him for £18m. Where did it all go? I honestly don't know! It's sad, really, but they're back where they were when I took over. People forget that. They weren't a big club at that time. They were getting 10,000 people at their games and were in administration when Milan Mandaric took over the club for nothing. But now, they're back to square one. I'd like to see Milan go back there. The fans absolutely love him and I think it would be great if he went back."





"Get out of my garden,
you scallywags!"



"At least you're
better than
Bentley!"

**"If I was as fit as Jamie,
I'd probably want to
wear tight trousers!"**

Nuts EXCLUSIVE!

Seven Days babe naked!

It's Samantha! Clothes-free!

You can imagine how happy we were when we heard the UK was getting its own version of girl-friendly reality show *The Hills* – not very! The silver lining is that one of the characters in Channel 4's show *Seven Days* is Samantha,

an aspiring model and presenter.

We're still unconvinced by her TV work but as you can see, she's pretty darn talented as a model!

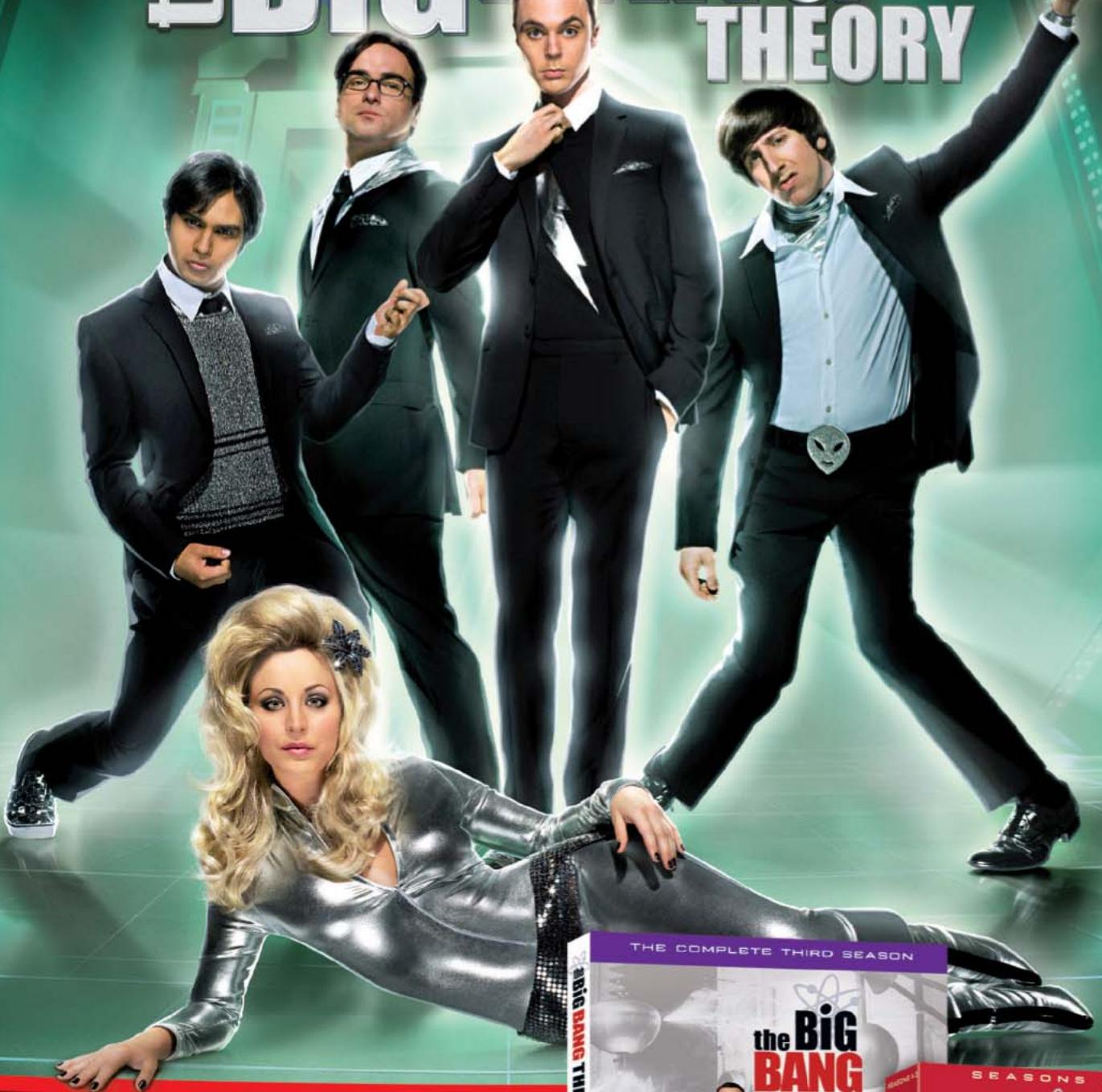
ON TELLY!*Seven Days* is on C4, Weds, 10pm**TV HONEY!**



"Er, I've lost my
cloakroom
ticket!"



the BIG BANG THEORY



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Fifa vs PES!

Nuts staff do battle in the war of the football games!



FIFA 11!



NUTSMAN REG!

Gameplay!

REG: Fifa is instant, snappy fun. Anyone can pick it up and play. I even had a game against my old man and he put up a good fight!

COFFERS: But that's the problem, right there. PES rewards skill. The new passing style is amazing, and defenders are miles better now.

Graphics!

REG: Fifa, easy. PES players look like robots!

COFFERS: You twerp! The Fifa players look like cartoons! Watching PES is like watching a real football game and the PES likenesses are spot on – look at Franck Ribery. Actually, don't!

Replay value!

REG: What I like about this year's Fifa is that they've really done up the Manager Mode – it's like a mini Football Manager built-in!

COFFERS: Fair enough, but PES has taken the famous Master League format online, so there's a whole world of mates to play with!

Fun factor!

REG: The fact that in Fifa you can do customised two-man celebrations says it all – this game's about having a laugh! You can even record your own crowd chants!

COFFERS: Celebrations? Try PES' crazy edit mode where you can even make players with Easter Island heads and suits of armour, or play with balls that are sweets or basketballs!

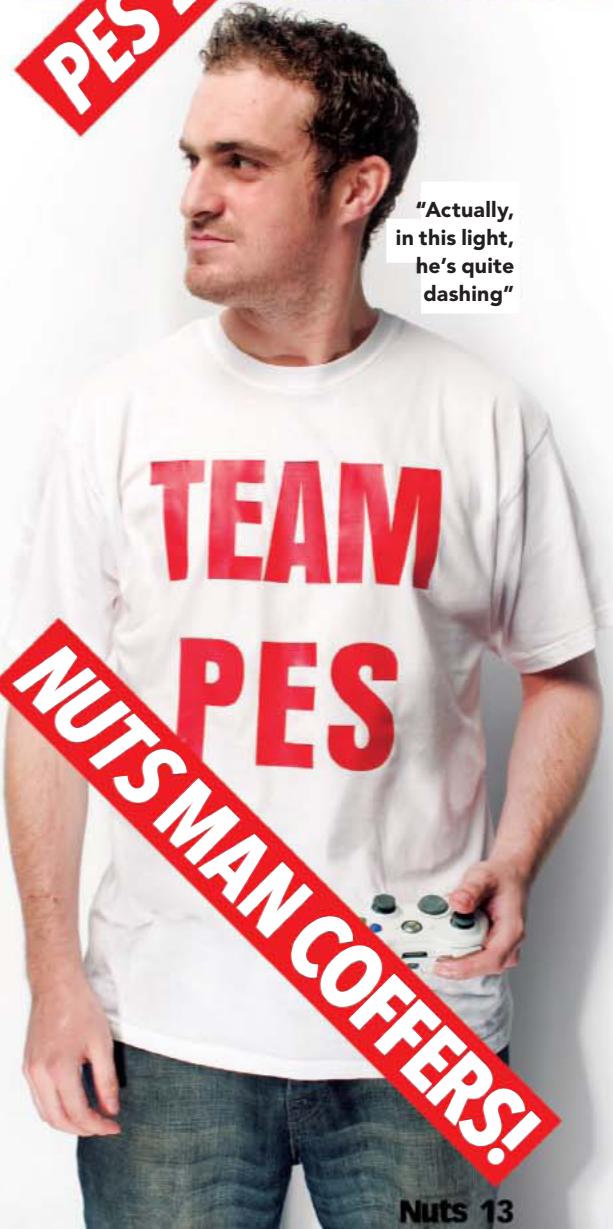
Verdict

REG: To be fair, PES is better than last year but for an all-round good time, I'll stick with Fifa.

COFFERS: The in-depth gameplay PES fans love is finally back, and I know where my money will be going in October!



PES 2011!



"Actually,
in this light,
he's quite
dashing"

NUTSMAN COFFERS!

THE Nuts LIP-READER!

When he watches a match, he sees every word!

John Cassidy is a **real** lip-reading expert. And an FA coach!



Arsene Wenger:
"Ref, that's fking sh*t! Over four minutes have gone!"**

SUNDERLAND VS ARSENAL Stadium Of Light, Sat 18 Sept, 7.19pm The Gunners boss isn't happy with Sunderland's late goal.



WEST BROM VS BIRMINGHAM The Hawthorns, Sat 18 Sept, 4.23pm The midfielder apologises after swearing near a young fan.



John O'Shea: "Why did Fletcher move? Fletch! Fletch!"

MAN UNITED VS LIVERPOOL Old Trafford, Sun 19 Sept, 2.56pm Darren Fletcher is blamed after Gerrard's free-kick sneaks in.



Ref: "Palacios! Palacios! It's getting a bit annoying!"

SPURS VS ARSENAL White Hart Lane, Tues 21 Sept, 8.11pm Referee Lee Probert warns the Spurs man after one foul too many.



Mark Hughes: "How the f**k has that happened? He might as well have f**king picked him up!"

BLACKBURN VS FULHAM Ewood Park, Sat 18 Sept, 3.30pm Sparky is outraged after El-Hadji Diouf clatters into Mark Schwarzer.

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**Rachel Bilson***On How I Met Your Mother*

E4's sitcom seems a strange place to find Rachel's first TV lesbian kiss, but the season six opener has her lip-locking with her room-mate. Like most lady roomies do, right? Thought so.

Kim Kardashian*At the Oktoberfest, Munich*

Weirdly, Kim chose the world's most famous beer festival to scoff an ice cream. Still, we'll overlook the faux pas as she did don traditional German dress – the famous "tittengawphalter".



RUDE NEWS

The lady news that got through to boot camp!

**Sophia Wardman***Photo shoot, London*

The Scarborough lass reached *The X Factor's* boot camp, but sadly didn't get any further. And we can see her error. Far too much signing, and far too little bikini-wearing. Schoolboy!

**Jessica Alba***In the movie Machete*

Jessica once famously stated she'd never do nude scenes, dashing the hopes of every red-blooded film lover. Then she did this in *Machete!* Women – as constant as the winds!



Lisa Snowdon

On her hols, the Caribbean

She may be 38, but the Marks & Sparks model can still fill a bikini! A Missoni two-piece, as it happens, not M&S. Someone's going to be sent to the naughty step when she gets home!



Pixie Lott

At a party, London

We do feel for Pixie. She guest-judged *The X Factor* like a breath of fresh air. Then Nicole Scherzinger followed the week after and was so impossibly hot, we all forgot what's-her-name.

NEWS FLASH!... NEWS FLASH!... NEWS



Nuts news **flash!**

Emma Glover on Chris Moyles' cashflow crisis!

**"Two months isn't
long to wait to be paid!
On the bright side, I'll
bring him a copy of my
calendar this year and
let him have it for free!"**

"Hold me, I'm afraid
of the dark!"



It's the Fisker Ka

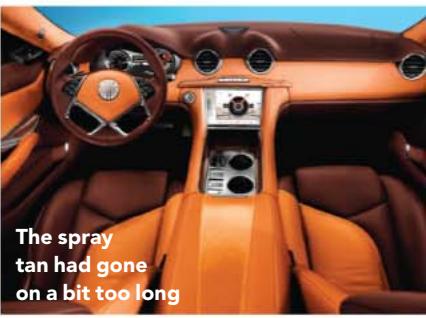
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ECO FRIENDLY!



The spray tan had gone on a bit too long

Karma hybrid!



"Stop looking at my rear!"

- The Fisker Karma is a four-door hybrid, with two electric motors producing 402bhp, plus a 260bhp turbo 2.0-litre petrol engine. It can crack 0-60mph in 5.9 seconds.
- It's able to travel up to 50 miles on pure, silent electric power before the turbocharged petrol engine kicks in to feed a recharging generator. The combined range is 300 miles.
- You can plug it in to charge off the mains, which takes about six hours. A 20kW lithium-ion battery pack (like a large laptop battery) is fitted underneath the car.
- The pair of 150kW electric motors can produce 402bhp and a whopping 981lb-ft of torque – nearly double the 479lb-ft produced by the Bentley Continental GT.
- The Karma can do 100 miles per gallon and expels less harmful gas than a Prius.
- The Karma's similarity to the BMW Z8 in *The World Is Not Enough* is not a coincidence – Fisker's co-founder, CEO and design director Henrik Fisker designed the Z8!
- Choose between Sport and Stealth modes when driving this frisky four-door. The Sport mode uses both the petrol engine and electricity punch to hit 125mph. Turn to Stealth mode and you'll be running on pure volts with a top speed of 95mph.
- The Karma has the world's largest spherically-curved solar panel hidden in its roof. This means the motor generates electricity once the sun comes up, even if it's parked.
- Unfortunately, though, a thing of such beauty doesn't come cheap. You'll get little change out of £60,000!

WILL YOU BECOME A TYRANT?



16
www.pegi.info



Microsoft
game studios.

XBOX 360.

Nuts NEWS



NEW CONTESTANTS!



A QUICK WORD WITH... **Lord Alan**

The Apprentice boss on Karren Brady,

Hi Lord Sugar! The first task on the new series of *The Apprentice* sees the candidates making sausages. What else have you got in store? We send them to Germany to sell crisps to the Germans. We send them out on a couple of open-decked London buses to get money from tourists. Plus there's the usual advertising one, which is one of my favourites, and a "go out and buy ten of..." like we have every year.

And what's happened to Margaret? She's turned into West Ham Vice-President Karren Brady! Margaret finally refused to let me talk her into it. She really wanted to give it up. Talking Karren into it was

probably easier than talking her into the West Ham job! I've known Karren for years and she was very good when she did *Celebrity Apprentice*.

Do you pick candidates who might not be much good in business but who'll be funny on the telly? No. We don't choose them because we think they're going to be the next Del Boy! We've got some very serious people this time. We wanted to give opportunities to people who've been made redundant because of the current economic climate. And there are a couple of people who are struggling to start their own business and a couple of graduates who've just left university and can't get a job.



Santa had a smart
new image

Sugar

German crisps and *The X Factor*!

So, it's a fairly good blend of people across the board.

You know that bit where the candidates blab on about how great they are to camera at the beginning of each episode – should people do that in real life? You do need to think about yourself like that, yeah. It might be the type of thing you'd say to your mum, your mates or your girlfriend. But whether you should walk into the street and say it, I don't know. You're probably best saying it into the mirror in private!

If you were a candidate on *The Apprentice*, would you be any cop? I'd walk it. Next question! **Would you like to be a guest judge on *The X Factor*?** No, how can I do that? Here I am

dishing out stick to people who don't know what they're doing and don't know what they're talking about. I'd be completely out of my depth. You need to be experienced to be a judge, so I don't think I'd be very useful! **Thanks, Lord Sugar. Finally, what have you learnt from six series of *The Apprentice*? Can you spot a bullsh*tter at ten paces?** I've been good at that for a long time! I think the series gets better as we learn more. We know the right types of candidates and tasks. But if you're asking if I've learnt how to make sausages, that's not really what I set out to achieve!

The *Apprentice* starts on BBC1 at 9pm on Wednesday 6 October

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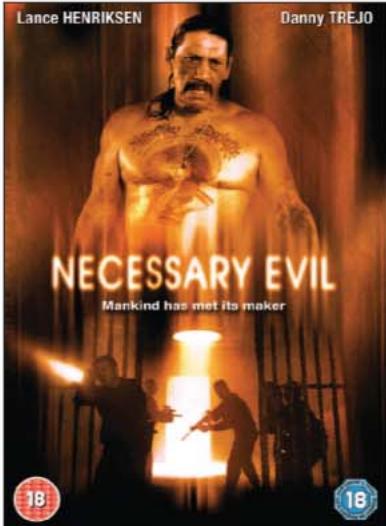
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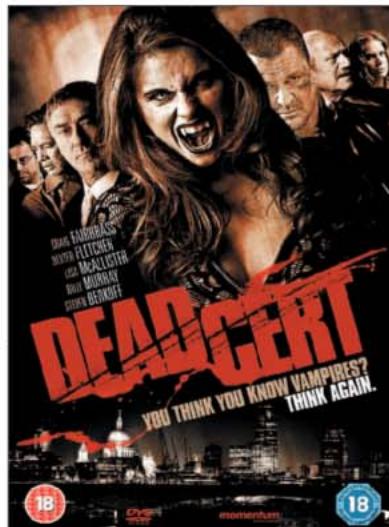
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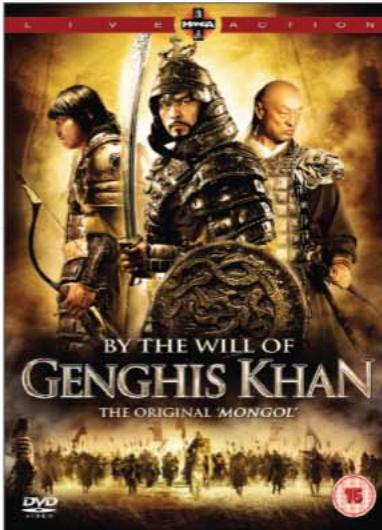
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DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

"Yup, turns out the barbed wire wasn't fake!"

SMASHED OPEN!

HE'S OK NOW!

'I was smeared in blood!'

Kart racing turns nasty for unlucky Nuts reader!

We've seen plenty of motorbike crashes over the years, but Chris van der Drift from New Zealand is the first reader to hurt himself in a kart!

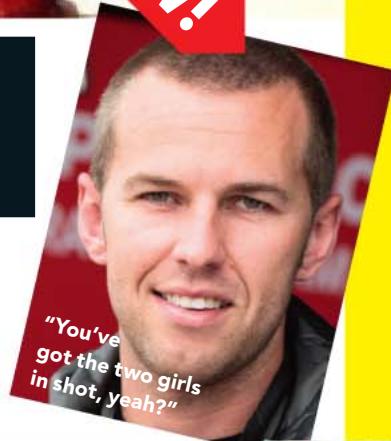
"I was in a race," 24-year-old Chris tells Nuts. "I was coming

past the driver in front, but he moved. I clipped him, then took off like a plane and hit a bridge.

"When I woke up, I was 550 metres up the track, in loads of pain and with a load of busted bones. Somehow, my finger was the only open wound, but I was

smeared in blood. They took me to hospital, where I was patched up and sent on my way to think about the next race!"

See the crash video now at nuts.co.uk/spambank



"You've got the two girls in shot, yeah?"

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Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

Nuts GEAR



Samsung NX100

www.samsung.co.uk

Nuts says: Very clever 14.6-megapixel snapper. The lens communicates with the body – a world first – so you can alter shutter speed, aperture, ISO etc by just turning the lens, not stopping to squint at menus.

£450



£150

Karaoke mode reduces a song's vocals, so you can hear your voice

Sony Walkman S750 mp3 player

www.sony.co.uk

Nuts says: Media player with digital noise-cancelling and a 50-hour battery. Link easily to iTunes and watch movies on its 5.1cm LCD screen or wonder at its 7.2mm aluminium thinness.



Nokia E7 mobile

www.nokia.co.uk

Nuts says: Equipped with a 4in touchscreen display that boasts "ClearBlack" tech for improved outdoor visibility, this is a smartphone with looks to rival the iPhone and a slidey keypad that actually works.

£485



Arcam rCube iPod dock

www.arcam.com

Nuts says: Peerless iPod dock with a look that's striking but not a sore thumb. Dock your iPod or stream music from a PC. Plus it has a rechargeable battery, so every box is ticked.

Check out more reviews at
www.nuts.co.uk/reviews



and . 100% same great taste, and now 15% less saturated fat, meaning that these brands will have 35-45% less saturated fat (per 100g) than the current average of the top 25 chocolate brands.

YOUR LETTER

It's the page where you do all the work!

Send your letters to **nutsletters**



That's a bum job

Dear Nuts,

I stumbled upon this rather odd-sounding hair salon while in Tokyo, Japan. It seems a little specialist, don't you think?

Ged Burnside, Telford

It does a bit, doesn't it! That reminds us – we could use a bit of a trim down there.

LETTER
OF THE
WEEK!



"Short back
and sides,
Mr Winton?"

Actually, we're not thirsty

Dear Nuts,

Does anyone fancy a nice glass of Pschitt? How could you resist such a tasty beverage?

Michael, Cheshire

Very easily – simply because it's not beer! Mmm, beer!

STEALTH BUMMING CORNER!

ONLY IN
Nuts!



"Bloke mending wheel + daft mate = stealth bum!" *John Britnell, via email*

Super Troopers

Dear Nuts,

This is me (near right) and Air Trooper Becky Connor in our *Nuts* outfits. Thanks for sending them!

ATpr Sam Farrell, Afghanistan

Remember, squaddies, just email pete_cashmore@ipcmedia.com if you want to get your name on the *Nuts* goodies list.



Gerald was having a midlife crisis

What a dump

Dear Nuts,

Now, this just has to be a farm worth visiting!

Adrian Dale, Birmingham

Indeed – especially if it helps you get "laid in Britain"!



Powell power

Dear Nuts,

Thanks for sending me the *Nuts* vest and shorts. I love you guys!

Clare Powell, Leeds

Clare, we rather think we love you, too!

Her sides weren't ready for *Nuts'* jokes page



Did the earth moo-ve for you?

Dear Nuts,

I spotted a bit of animal action and captured it for posterity!

Stevie, via text

To be fair, the cow does look as if she's enjoying it somehow!

Daisy liked her rump well done



RS!

@ipcmmedia.com or to the address on p72

Shelf abuse

Dear Nuts,
I got bored at the supermarket, so I thought I'd have some fun with the stock.

Chris, Omagh

Good work, Chris. We just hope ours never goes that colour.



The Mastiff massive

Dear Nuts,
This is the Mastiff Group in Nad-e Ali. Any chance of some T-shirts?

*Cpl Niall Morrison,
BFPO 792, Afghanistan*
On their way, chaps!



See more funny stuff at
www.nuts.co.uk/spambank

Nuts SPAMBANK!

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Strauss was keen to explain the 'match fixing' allegations...

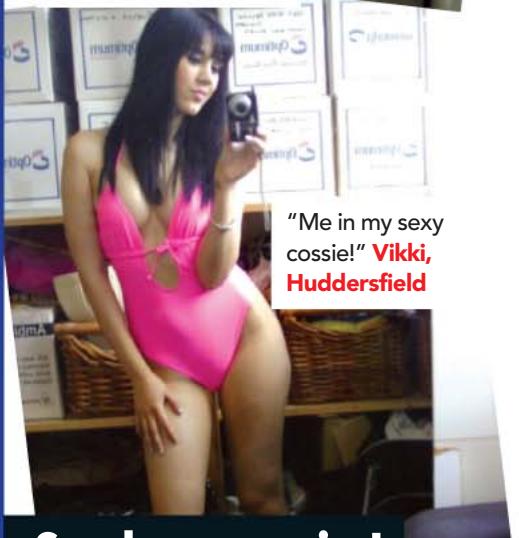
Please take a seat, Mr Wenger

Win £100 to spend at PLAY.com

Send your letters and hilarious spam pictures to nutletters@ipcmmedia.com or to the address on page 72. The sender of the week's best letter* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with big savings and free delivery on everything. Visit www.play.com for great deals on DVDs, games, books, CDs, digital downloads, mobiles, electronics and more!

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YOUR JOKES

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SHORT JOKES!

I asked my missus for a "Chilean Miner"
What's one of those?
It's when she goes to the bottom of your shaft and stays there until Christmas

Harvey Toole, Dorking

Q: What do you get when you drop a piano on an army base?

A: A flat major

Damir Vitesh, London

Q: Heard about the 150lb man who had 75lb testicles?

A: He was half nuts

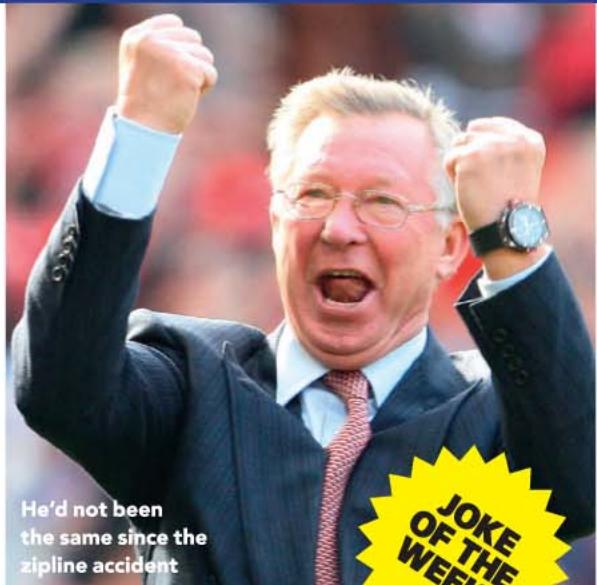
Damian Kingham, Manchester

Q: What did the cannibal get when he was late for dinner?

A: The cold shoulder

Niall, Dublin

28 Nuts



He'd not been
the same since the
zipline accident

JOKE
OF THE
WEEK!

Easy rider

Apparently, Alex Ferguson had an '80s-themed party for his players to celebrate their victory over Liverpool. Giggs arrived in a Cavalier, Scholes in a Sierra and Rooney chose to come in an Escort.

Mike Hooper, Leeds

Benayoun had had
better days

A bit rash

A bloke walks into his local and sees everyone in there is covered in rashes and blisters.

"What's going on?" he asks the landlord. "Why's everybody covered in rashes and blisters?"

"Didn't anyone tell you?" replies the landlord. "This is a shingles night!"

Nick Harris, via email

Wedding daze

A small church is abuzz about the day's wedding between 95-year-old Herbert and his stunning 25-year-old bride. At the wedding, murmurs go around that the wedding night might finish the feeble old coot off. The next morning, the bride hobbles down the hotel staircase slowly, holding the banister for dear life.

"What happened to you?" asks the hotel receptionist. "You look like you've been wrestling crocodiles!"

"Well," replies the bride, wincing. "I wanted to get married as soon as old Herbert told me he'd been saving up for 75 years. It turns out he wasn't talking about money!"

Azri, via email



Win an Xbox and DVD!

Send jokes to nutsjokes@ipcmedia.com or to the address on p72. To celebrate the release of the action-packed *Deadly Impact*, out to buy on DVD from 27 September, the sender of this week's best joke* will win an Xbox Elite plus a copy of the DVD.



*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON P72 APPLY.
PHOTOS: PAUL POSTLE, REX, ALAMY, GETTY, ALLSTAR

S!



media.com or to the address on p72

Sweet enough

A farmer is driving his tractor along the road with a load of manure on a trailer behind him.

After a little while, he's stopped by a little boy.

"What've you got on the trailer?" asks the lad.

"Fertiliser," replies the farmer. "I'm going to put it on my strawberries."

"Cripes!" replies the boy. "If things are really that bad, you should come live with us. We put sugar and cream on ours!"

Shane Borders, Mapley

FAMOUS BLOKES' JOKES!



JOHN BISHOP:
"Female boxing?
That doesn't
work. Half of the
arguments must
be at weigh-ins!"



TIM VINE:

"My doctor asked if I'd been present at a child's birth and what it was like. I said dark, then very bright!"



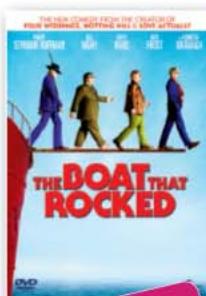
JASON MANFORD:

"Adrian Chiles and Christine Bleakley are the most watchable pair on television.
After Holly Willoughby!"

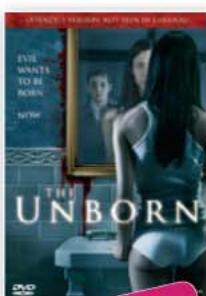


RICKY GERVAIS:
"On *Chatty Man*, Alan Carr asked me my secret for weight loss. I said, 'Aids!' We'll see if they keep that in the show"

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POP OUT IN PUBLIC!

ONLY IN
Nuts!

Have a cheeky flash – and earn some cash!



SOPH 19, from York

"I gave the boys on the local building site a high-visibility treat!"

THIS
WEEK'S
£100
WINNER!



CHARLOTTE 20, from Rugby

"I like to think my boobs have a certain electricity!"



RAE 28, from Preston

"I was in the park and my jacket fell open! Isn't that just typical?"

Win £100!

All printed pics get a Nuts vest-and-shorts combo. The winner gets £100!* Send your snaps to nutspopout@ipcmedia.com or by text to 0771 388 8008.

IN A CASTLE!



"Is this your first-ever pop out in the ruins of a castle?"

CAMERA PHONE COMEDY!

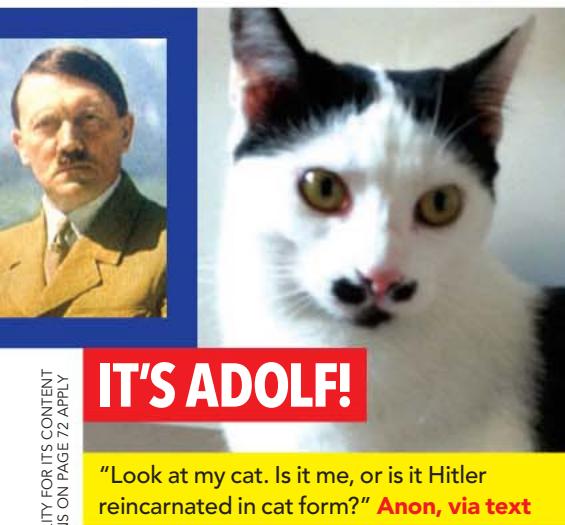
Seen something daft? Snap it, send it in and win £100!

ONLY IN
Nuts!

Win £100!



Text 'Nuts' and your picture to
0771 388 8008 (texts are free
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THE TRUTH ABOUT SEX WITH... SOPHIE HOWARD!

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ONLY IN
Nuts!

IN OUR OFFICE!

I feel daft!

My missus likes to swallow but I feel daft just standing there waiting to "evacuate the lads". I feel like I'm in a porno and it makes me nervous. Any tips?

Steve, Blakenall

That's a tough one because if you're obsessing about it, it'll make the act more difficult to execute. Take command of the situation and tell her you want to unload somewhere else, like on her boobs. A lot of guys like to see themselves unload and you're actually lucky to have a girl who likes to swallow. Maybe it's just time for you to man up!

Nuts BABES' SEX TIPS!

No.27: "Give your girl sexy undies one morning, then think about what you'll be coming home to!"

Emily O'Hara



She loves men in uniform!

My missus is way too into blokes in uniforms. I have mates who are squaddies and I don't trust her. Paranoia or common sense?

Lee, Bristol

It could well be a bit of both. You should trust her not to cheat on you – she is your partner, after all – but I'm afraid she's going to find them a bit attractive. If she likes men in uniform, you need to get some, like a US military one or a policeman's outfit, then cuff her to the radiator and have some fun!

Sex in the club!

My missus performed what the papers call "a sex act" on me while we were clubbing and we both loved it. Now we want to do it more! Is this ridiculous?

Simon, Teddington

No, not at all! Loads of people do it! If you're a bit tipsy and the music's getting your heart going, you're obviously going to run off to the loos or even get down to something naughty on the dancefloor. Don't be surprised if you're chucked out, though.

Is it too hard?

I've started seeing this girl and she likes sex to be done hard. Really hard! It actually worries me a bit. She wouldn't ask for it if she didn't like it, right?

Nirpal, Bedford

No! Girls who want it hard – and, more to the point, have said to you to do it hard – aren't going to suddenly want you to hold back!



NEXT TIME: EMMA FRAIN ANSWERS YOUR LETTERS!

NUTS NEXT TOP MODEL!

Introducing the hottest new models - in their first ever Nuts shoot!

ONLY IN
Nuts!



Summer!

She's a 32D honey from Herefordshire!

Hi Summer! Are you excited to be Nuts' Next Top Model? It's very exciting. I can't wait! I haven't even seen the pictures from the shoot yet, so the first time I see them will be in the mag! Sometimes my boobs are a D, sometimes they're a DD, so it'll be interesting to see how they come across in the mag! How would you describe your personality? Talkative. I often get told to shut up! I'm quite bubbly

and excitable. Some people think I'm quite funny. But to be honest, I have to say I'm a bit of a geek, too! What other Nuts babes do you admire? I really like Rhian Sugden. The first time I saw her in real life, I thought I was going to die! I just think she's awesome. I like her look and her personality. She's great. What's more important in a man - good looks or a good sense of humour? A good sense of humour. I can never be too serious!

Are you a good girl or a bad girl?

I'd love to say I'm a bad girl, but I'm not! I don't smoke, I don't have any tattoos... no, I'm a good girl. Except when I'm in the bedroom!

What's the most adventurous place you've done rude things?

Probably in a park. I've done a few naughty things in the cinema, too. I always get a bit worried that someone will see me, but it's so dark in there, isn't it? So it's a great place to get up to naughtiness!

Will we see more of you in Nuts? I hope so! I'd love to do more for Nuts. Modelling is all new to me, but I'm totally loving it so far!

More Summer

Want to see more of Summer in Nuts? Email us at:
topmodel@ipcmedia.com



***"I've been
naughty
in the
park!"***





"Hang
on a sec,
I can't see!"

ON STAGE!

JAY-Z

"Right, who put
glue in my hat?"

**"I'd have sung
Happy Birthday,
Mr President for
Barack Obama!"**



The dapper R&B singer holds forth on Barack Obama, traffic warden tattoos and fancying Russell Crowe!

Hi Ne-Yo! You're called Ne-Yo because you see music like Neo from *The Matrix* sees the world. Which would you take – the red pill, the blue pill or just stick to beer? Knowing I could jump in and out of the Matrix whenever I wanted to, I'd go for the pill that sends me into reality, like Neo did in the film. Why not? You've written for lots of famous people like Rihanna, Beyoncé, Janet Jackson and Alexandra Burke. Do you give them the rubbish songs and keep the good ones for yourself? I wish it was that easy! But whoever pays for the studio time gets to keep the songs. Nine times out of ten, I'll go in and do something that's an absolute masterpiece and part of me will want to just tuck it into my bag and hope no one saw me. Unfortunately, I've got a conscience, so I can't. You've also written for The Sugababes. Are you hoping that if you hang around long enough, they'll ask you to join? I'd like to do something with them that constitutes joining. Not on stage as such, but in some group activity, if you know what I mean. I'm trying to be polite here! Cheeky! Your last album was called *Year Of The Gentleman*. What's 2010? Year of the Chav? Ha-ha! No, it's still going, it's the Millennium Of The Gentleman now. I'm going to hold onto that. Your new album's called *Libra Scale* because you're a Libra. Libras are meant to be easy-going, affectionate and sympathetic but they can also be deceptive, thrifty and lazy. Does this sound like you? Libras are the wildcard of the zodiac. It's always something different.

Somebody will tell me Libras make good husbands, then the next minute, someone else will say Libras cheat on everybody. But yours is the most accurate description I've heard so far. Where did you find it? Erm, on the internet. It's pretty much me. I have a tendency to be a little lazy and a little frugal. Libras are most compatible with Aries because Aries are patient. Do you fancy any of these famous Aries – Fergie from The Black Eyed Peas? Yes. Sarah Jessica Parker from *Sex And The City*? Not so much, no! Russell Crowe? Ha-ha! I'd like to hang out with Russell, he's cool. Maybe not romantically, though. He's not really my type! You're going to be a dad! If it's a boy, will you call him Leo Ne-Yo? No, I won't curse my child with a name that even resembles Ne-Yo! I'm excited because I want to meet him or her, but I'm scared as well! Raising a kid's a massive responsibility. You once performed a concert for President Obama. Did you sing *Happy Birthday, Mr President*? Ha-ha! No, I didn't! It wasn't his birthday, plus he was only a senator then. If it was his birthday, I'd have sung *Happy Birthday, Mr President*. Not as well as Marilyn Monroe famously did it for JFK but I'd have done my best at least. Hip-hop star The Game has a tattoo of a teardrop because apparently he's murdered someone. You were recently done for speeding – are you going to get a tattoo of a little traffic warden? Yes, a little stop sign right beneath my left eye! Are you any good with a yo-yo, Ne-Yo? No. Not at all! Thanks, Ne-Yo. Finally, which of the following awards have you won and which have we made up – Ringtone Of The Year? Hmm, not sure. Probably! Yes, for *Bust It Baby Part 2*. Best Dancing In A Video? Yeah, that one's definitely real. I think I won it for *Closer*. Yes, at the 2008 MTV Awards. Hat Wearer Of The Year? I think you've made that up! Ha-ha!

Ne-Yo's new album *Libra Scale* is out to buy from 18 October ■

50 PREM LEAGUE STARS

01► Liverpool's new midfielder Milan Jovanovic used to flog second-hand cars to make a little bit of extra cash when he was just a young player in his home country, Serbia. Ladas mostly, we imagine!

■ C
■ M
■ Y
■ K

02► Wayne Rooney likes to pamper his pooches. So much so, in fact, he recently spent £10,000 on under-floor heating for his dog kennels. Which works out as ruffly – sorry, roughly – a day's wages!

03► Blackpool's Scottish midfielder Charlie Adam used to play for Rangers, where the fans sang a song called *Charlie Adam's Sister's Pants* in his honour. Why they thought his sister didn't wear knickers, of course, is anybody's guess!

04► Spurs' David Bentley is setting up his own record label and has already signed up a London band called Life In Film. Well, he does seem to have quite a lot of spare time on his hands these days.

05► Man United's new signing from Fulham Chris Smalling was a junior British champion at judo. It's a pity Ronaldo's left, Chris could've shown him how to fall to the ground properly!

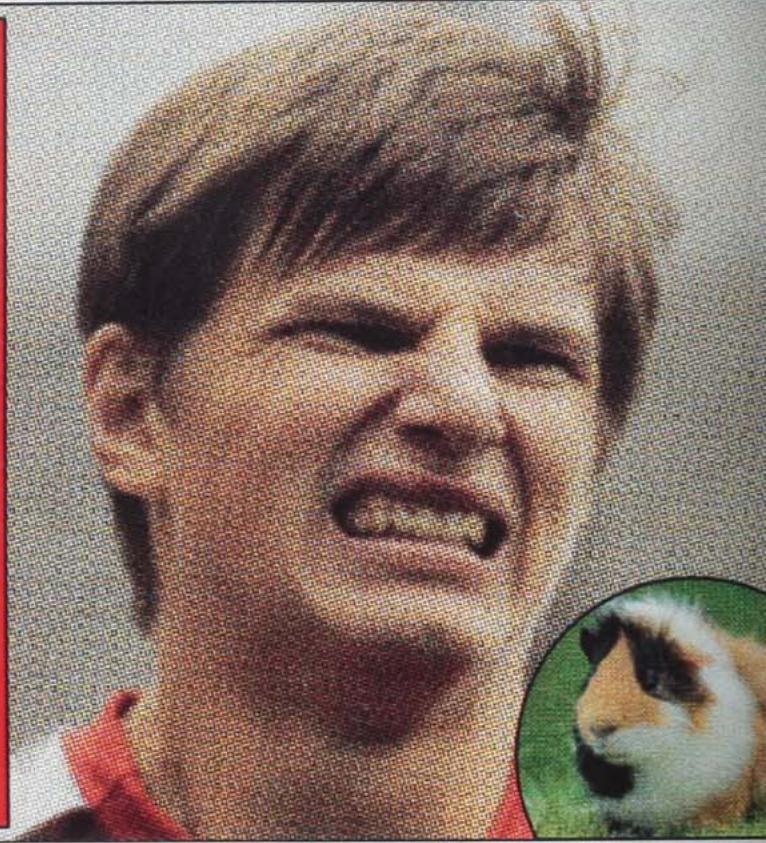
06► Blackburn defender Phil Jones studied food technology at school and has confessed he wants to be a chef one day.

07► Birmingham keeper Ben Foster had to sing karaoke when he signed for City and decided to belt out *Halo* by Beyoncé.

09► **Peter Crouch took an advanced driving course when he was only 17**

Arshavin in guinea pig terror!

08► Andrey Arshavin has a weird recurring dream. "I'm in a field," the Gunner says, "and there are guinea pigs all around me. It's a nightmare." Well, when you're 5ft 7, guinea pigs must be pretty scary!



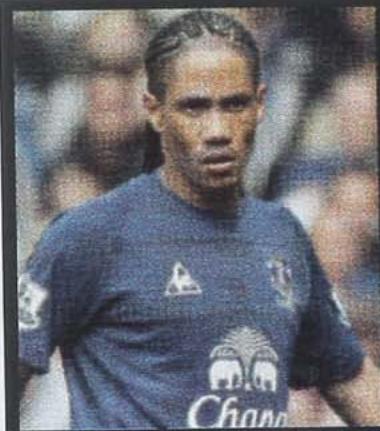
WEIER SECRETS!

Amazing and completely
bonkers facts about
footy's top superstars!

10 ► Newcastle midfielder Danny Guthrie was twice suspended from school for bad behaviour. Luckily, he's got Joey Barton to mentor him now.

11 ► Javier Hernandez was studying for a business degree in Mexico before signing for Man United. You don't need a degree to work out Fergie got a bargain.

12 ► Before hitting the big time, Everton's Jermaine Beckford used to fit windscreens for the RAC



13 ► Stoke City striker Kenwyne Jones was set to join the Army before Southampton spotted him and launched his career. Pity, it might have improved his shooting. Only kidding!

14 ► Chelsea and Israel midfielder Yossi Benayoun's dad used to work in a nuclear power plant in Israel. And had bright green glowing fingers. Probably!

15 ► Alex Song comes from a big family. The Arsenal star has 17 sisters and ten brothers. And one knackered mum, probably!

16 ► Tottenham striker Roman Pavlyuchenko nearly fell off a hotel balcony when drunk the night before his wedding. Well, that's one way of getting out of it!

PIENAAR IN HIDING FROM ARMED GANGSTERS!

17 ► Everton's Steven Pienaar used to watch TV in his native South Africa lying on the living room floor because his mum was worried about stray bullets in their tough neighbourhood

18 ► Birmingham giant Nikola Zigic (he's 6ft 7) had a pretty unusual hobby as a kid growing up in Serbia – he used to build bicycles! Really, really big ones!

19 ► Liverpool's Maxi Rodriguez is nicknamed "La Fiera", meaning "Fighting Bull", because he always clattered opponents as a kid. What's "talking bull" in Spanish? That'd suit a few fellas we know.

Park Ji-Sung caught up in World Cup whisky shock!

20 ► Park Ji-Sung had a whisky named after him during the World Cup. Mmm, Korean whisky. Wonder why it didn't catch on? →



IBIZA UNCOVERED!

Stewart Downing

in secret visits to the "party island"!

21► Aston Villa midfielder Stewart Downing has DJ'd at Eden nightclub in Ibiza. Not a bad job if you can get it – of course, most of his mates were away on England duty at the time, but still....!



22► Man United's Darron Gibson has dodgy taste in music as he reckons Westlife are the best band in the world. And everyone knows it's JLS!

23► Everton winger Diniyar Bilyaletdinov is scared of the dark and sleeps with a toy elephant by his bed

24► Fulham's Dickson Etuhu represented Great Britain at the long jump and triple jump when he was at school. We predict a move to the "boing boing" Baggies of West Brom!

25► Pepe Reina is addicted to watches – the Liverpool keeper has more than 15 top-of-the-range timepieces! Presumably so he can keep up with extra time whenever he plays at Old Trafford!

26► Thomas Vermaelen read Nick Hornby's novel Fever Pitch before moving to Arsenal so he could learn a bit more about the club. Amazingly, he still signed for the Gunners.

MAN CITY NEW BOY BALOTELLI BAPTISED ON DEATHBED!

27► Man City striker Mario Balotelli nearly died as a child after a problem with his intestines and was even baptised in hospital in case it was fatal. He clearly doesn't lack guts, though!

28► Arsenal trio Jack Wilshere, Theo Walcott and Aaron Ramsey play Call Of Duty online against each other every evening. Before their 9pm bedtime, presumably.

29► Spurs' Gareth Bale scored twice in the Welsh national junior hockey final. Just to clarify, he was playing hockey at the time.

30► Arsenal's Cesc Fabregas was nine months old when his grandad first took him to the Nou Camp to watch Barcelona.

31► West Brom's Gianni Zuiverloon got his big break with Dutch team Feyenoord when his mum picked up a Yellow Pages and phoned the club. Presumably, she started with Ajax and just kept going until she got a yes!

32► Tottenham midfielder Jermaine Jenas was a bit of a swot at school and got 11 GCSEs! Now he's a professional footballer. His parents must be so disappointed.

33► Bacary Sagna's favourite book is Harry Potter And The Philosopher's Stone

34► Tottenham midfielder Tom Huddlestone's favourite toiletry item is strawberry body cream

35► Blackburn striker Nikola Kalinic worked as a waiter back home in Croatia before turning professional. A joke about receiving better service back there? No chance. Have you seen the size of Big Sam?

36► Chelsea defender Yuri Zhirkov often had to miss training as a kid in Russia to help his family grow vegetables for the winter! Beats the old "I left my kit at home" excuse.

37► Man United's Edwin van der Sar only became a goalkeeper when he was nine years old because his junior team's regular stopper was at a birthday party. Handy! Geddit? Oh, never mind!



Delap's dinner party from hell!

38► Stoke star Rory Delap's fantasy dinner guests would be Liam and Noel Gallagher and Mike Tyson!



39► Fulham's Mark Schwarzer has been wearing the same pair of shin pads for 18 years. No wonder he's nicknamed "Whiffy" in the changing rooms.

40► Man City's Shay Given places a vial of Lourdes holy water at the back of his goal as a lucky charm. We reckon it must be out of date or something the way Joe Hart's playing!

41► Liverpool winger Ryan Babel's favourite TV show is '90s classic *The Fresh Prince Of Bel Air*. They clearly didn't show *Beverly Hills 90210* in Holland!

42► Chelsea midfielder Ramires used to work on a building site in Brazil

43► Playing for Hamburg, Man City midfielder Nigel de Jong was known as Rasenmaher – the Lawn Mower – because of the way he cut down opponents. Not the coolest of nicknames, that one. "Yeah, hi gorgeous, the lads call me the Lawn Mower!"

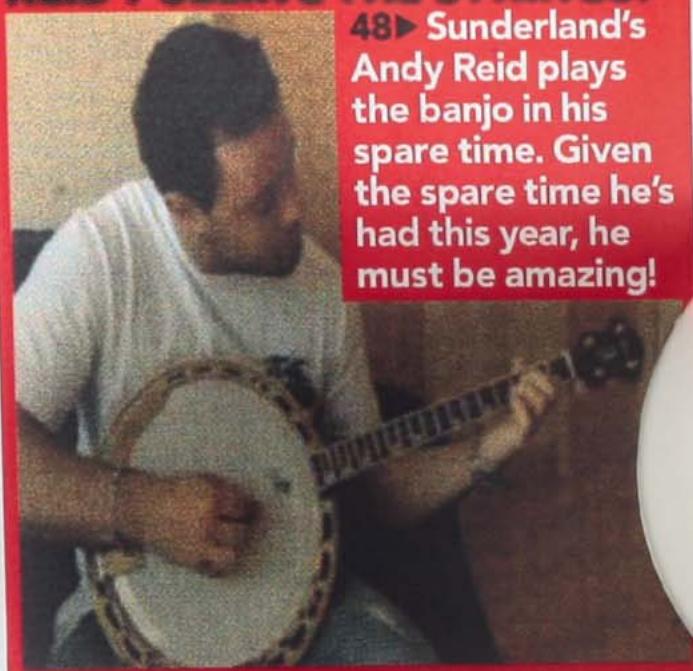
44► Chelsea midfielder Mikel's full name is actually John Michael Nchekwube Obinna. Michael was changed to Mikel when the Nigerian FA submitted his name incorrectly for the 2003 Fifa U17 World Championships. He liked the new moniker, so he decided to keep it!

45► Sunderland striker Darren Bent is such a big fan of Twitter that he once had the website's logo stitched on his boots. Until, presumably, someone told him Twitter helped people to improve their drivelling, not dribbling!

46► Spurs' tiddly Croatian playmaker Luka Modric is a distant cousin of former Leeds, Middlesbrough and Newcastle striker Mark Viduka. Looking at the size of him, we're thinking that's a very, very distant cousin!

REID PULLING THE STRINGS!

48► Sunderland's Andy Reid plays the banjo in his spare time. Given the spare time he's had this year, he must be amazing!



47► Man City's Adam Johnson has an embarrassing secret that Blues fans might not appreciate – he grew up supporting Man United and idolising Ryan Giggs! Still, he's not a bad role model to have!

49► Chelsea legend Frank Lampard is so clever he was asked to appear on the BBC's *Question Time* – but turned down the invitation. Or couldn't work out how to open the email. One of the two!

Clint Dempsey in rap video shame!



50► Fulham's midfield star Clint Dempsey grew up on a trailer park in Texas before making it as a professional footballer. And he's also released a rap tune called *Don't Tread On This*. It's rubbish! ■



Sexiest calendars

2011

**Want to make
your walls sexier?**

**We think we
have the answer!**

Few would argue that in terms of lovely ladies, 2010 has been one of the hottest years ever. But don't switch off those fans just yet, because next year promises to be even more sizzling! For proof, check out these pics from your favourite girls' new calendars. Phew!



Kelly Andrews

Hi Kelly! Why should *Nuts* readers buy your new calendar? When you wake up on a rainy day and see my calendar on your wall, you'll get a smile and a bit of sunshine from it! I'm not very good at selling myself, am I? Help me out here!

You're doing fine! How would you describe the calendar in three words?

Bright, sexy and fun – like me! It's quite smiley and there are some silly shots in there as well, like me spraying myself in the face with a hose and stuff!

Where did you shoot it?

In a villa in Majorca. It was lovely but my make-up kept sweating off in the sun. It was horrible! And I scraped myself to pieces on a stone wall I was posing on!

Did you give your calendar out to your mates last year?

I gave it to a couple of friends as a joke and they just laughed, because they don't see me as sexy. They lined the bin with my pics and drew moustaches on them. Boys will be boys!

Do you get bored of being sexy all the time?

I don't think I'm that sexy at home, when I have no make-up on or anything. If *Nuts* readers saw me off duty, I bet they'd get a shock.

Finally, which month do you like best? It would have to be January because it's my birthday and I always get spoilt! As far as sex goes, I have more in the winter because I tend to get more boyfriends then for some reason. So January is doubly good for me! ➤

Kelly Andrews' calendar is now available at nuts.co.uk/calendars



2011 CALENDARS



Lucy Pinder

Hi Lucy! Where did you shoot your calendar this year?

In Majorca. Places like Majorca and Ibiza are perfect to get undressed in because there are quite a few nudie beaches there! **Which of the pics do you like best?** My favourite pics are the ones on the beach, just after the sun's gone down. I have wet hair and they're very sensual shots. And you can't go wrong with a soaking-wet vest!

Do you employ someone specifically to rub oil into you and tweak your nips?

No, I don't have a nipple-tweaker! The girls who do my hair and make-up keep me oiled, so I'm afraid there are no job vacancies for nipples or oiling. Actually, I'm thinking of having my nipples insured!

What? Yeah! I went jogging once and I wore the wrong sort of bra. When I got back, my nipples were on fire from being rubbed up! I had a bath and calmed them down. Then my cat scratched one of them!

Poor you! You've done lots of calendars – will this be your last? I certainly hope not. If they ask me again, I'll do more. Why, do you know something I don't? Are you doing a Fabio Capello on me and telling me I'm too old for it? Ha-ha!

Never! Finally, is this your sexiest calendar yet? Of course! I think my boobs look good. There's some really good cleavage, if you're a cleavage fan. I wear bikinis that really make the most of my assets! ➤

Lucy Pinder's calendar is now available at **nuts.co.uk/calendars**





Gemma Merna

Hi Gemma! We love the new *Hollyoaks* calendar. Where did you shoot it?

In a luxury converted barn in Herefordshire. We had a great few days, all the girls together having a laugh and being given these sexy bikinis and swimsuits to wear. It was fantastic!

Your own photos look amazing. Thanks! We went for this whole country manor house look, which I think worked well. The only down side was that I got splinters in my bum from leaning against a barn door in a gold swimsuit!

Which is your favourite month? I love February because it's my birthday. Yes, I know it's wet and wintry but I love receiving pressies and having parties!

Which of these locations would be the most appealing for your next calendar – Blackpool, Moscow or the North Pole?

This may sound daft but I'd go for the North Pole. It would be cold cavorting around in bikinis but the pictures in that landscape would be amazing!

You'd have to watch out for polar bears, though.

Polar bears are really cute! Imagine me in a bikini next to a polar bear. Bonkers!

Where would you like to see the *Hollyoaks* calendar hanging up? In every shop and every *Nuts* reader's house in the land! It's a really sexy, warm and beautiful calendar that everyone deserves to see!

Finally, do you have a message for our readers?

We hope you really like the pictures, fellas. All the girls will be so grateful if you buy the calendar – and if you do, we'll shoot even sexier pictures next year!

Jennifer Metcalfe

Hi Jennifer! The *Hollyoaks* calendar is a big deal for blokes. Why is this? I don't know! Because we all have very nice glossy hair, nicely groomed toes and good personalities? Ha-ha! I'm sure no man's shallow enough just to look at our bodies, are they?

Surely not! There are loads of hot girls in the calendar.

Who looks the best? I think everyone looks amazing. Karen [Hassan, who plays Lynsey] is a great addition this year. And we're all different. You have blondes, dark hair, curvy girls, slim girls, big boobs, big bums and all sorts. There really is something for everyone!

What did you like wearing?

In one shot, I'm wearing a really nice cream-coloured bikini with gold on. And in another, I'm wearing this costume that I bought from Agent Provocateur and I'm sort of leaning against a fence.

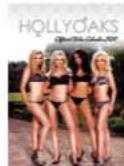
If you were to shoot your own calendar, what would it be like? You'd probably find me in really random places. Like January, in a skip. February, chilling on a doorstep. Ha-ha!

What calendar do you have on your wall at home?

I haven't got one at the moment. I need a calendar and a diary. At the minute, I'm so busy with work and I'm always late. They get really angry at me! My New Year's resolution is to work on my timekeeping!

Finally, if they named a day after you, what would happen on it? Everyone would have to bathe in beer and drink cocktails all day.

That's the perfect day for Nuts, really, isn't it? ➤





Rosie Jones

Hi Rosie! Where did you shoot your new calendar?

I was boring and did it in London! I really wanted it to be different because everyone does theirs on beaches. Mine's not all bright and colourful – it's moody and sensual.

Which of the pics do you like best? I can't remember which month it's for but in one pic, I'm wearing leather trousers and I'm oiled up. I remember liking that one!

Blimey! At which time of the year do you think people have the most sex?

Probably around Christmas and the new year because it's cold outside and people stay in and get it on. Maybe that's why there are so many summer babies – because everyone gets busy at the start of winter!

If they were to name a day after you, what would

happen on it? That would be amazing! It would have to be in summer. Everyone would walk around with no clothes on, and drink loads of alcohol and eat cake!

If you could have any girl's calendar on your wall, whose would it be? Emma

Frain's. It's amazing!

Finally, if you walked into a mate's bedroom and he had your calendar up, would you be pleased or embarrassed? I'd be

pleased but I'd have to cover up my nipples with Blu-Tack! A boy from school said there was a poster up in his common room with around six of us on it, and he covered up my boobs!

Nobody else's, just mine! ➤

Rosie Jones' calendar is now available at **nuts.co.uk/calendars**





Sophie Howard

Hi Sophie! Where did you shoot your new calendar? In Ibiza. I love it there. But despite going there five times, I've never been to any of the massive clubs! I need a tour guide to show me what's what. Maybe we could do a competition in Nuts where the winner gets to show me around!

Is this the sexiest calendar you've done? It's different from the last one, and just really straightforward. I'm not trying to fob anyone off with loads of fancy stuff. It's just me, my boobs and a beach. Simple!

Which of these locations would be more appealing for your next calendar – Blackpool, Moscow or the North Pole? Blackpool – although it would have to be a sunny day. I once did a shoot on the beach there and it was the coldest I've ever been. A few minutes more and my nips would've fallen off from frostbite!

Have you ever seen one of your calendars hanging up anywhere? I walked into a garage the other day and they'd put a poster of me in the window. But it didn't fit, so they'd sacrificed my head for my boobs. It made me laugh! I'd love to see my calendar hanging up in a gents' toilets. Ha-ha!

Finally, what do your male friends think of your photo shoots? They don't really tell me but every so often, I'll get a text from one of them saying I owe them 20p because I ruined their morning masturbation by being on Page 3! Ha-ha!

Sophie Howard's calendar is now available at **nuts.co.uk/calendars**



Lindsey Strutt

Hi Lindsey! Where did you shoot your new calendar?

In Majorca. Sadly, it wasn't that hot, though, as it was chucking it down with rain most of the time!

Is this your sexiest one yet?

Definitely! Normally, I do happy shoots on a beach or something, but this one's edgy and retro-looking. I'm smoking and stuff, which I don't normally do!

Got any funny stories to tell us about the shoot?

There were three girls on the shoot and we all got eye infections! I didn't think I'd be able to have my pics taken, as my eyes were closed up the day before!

Which month of the year do you like best? Probably

December, because it's Christmas and you get lots of presents! I get dead excited about snow as well!

Where would you like to see your calendar hanging up? I'm not sure but my granny has one hanging on her living room wall!

That's a bit strange, isn't it? Whenever anyone goes to her house, she points to it and says, "You see her? That's my granddaughter!"

What do your male friends think of your shoots? If

they see me in *Nuts*, they say I look good but they don't really go into detail. I'd slap them if they said anything bad about me!

Finally, what's the weirdest calendar you've ever seen?

That one with all the naked old ladies was a bit gross!

I know it was for charity but I don't think I'll be getting my bits out when I'm 50! ➤

Lindsey Strutt's calendar is now available at nuts.co.uk/calendars





Leah Francis

Hi Leah! How are you? I'm feeling delicate, as it was my birthday party last night. It was brilliant! At one point, this bloke came and sat at our table. I thought he was a stripper, so I lifted his top and licked his stomach. But he wasn't!

Where did you shoot your new calendar? In Ibiza.

It was lovely. We went on a nudist beach at one point, which was hilarious. Most of the people's eyes popped out when I stripped off!

What's the theme of the calendar? We went on an absolute mission. Anything we saw when we were driving around, we got out and shot. We stopped at an old fairground, a boat yard, a gypsy camp – all sorts of places! I'd just shout, "Stop!", jump out of the car, whip off my clothes and have some photos taken!

What would you like to do for next year's? My first calendar, last year, was quite girl-next-door and basic. This year's is quite fun. Next year, I'd like to do a bondage calendar, as I'm really into all that dominatrix stuff. I think a lot of people would like that!

Finally, if they were to name a day after you, what would happen on it? On Leah Day, there wouldn't be any parking fines or traffic wardens. We'd all have to go to a bar and do shots. And everyone would just have to be loveable and nice to each other. Spread the vibes, have sex and neck a few drinks. I'd pay people back in love and boobs!

Leah Francis' calendar is now available at nuts.co.uk/calendars



Emma Frain

Hi Emma! Where did you shoot your new calendar?

In Majorca, and it rained every day! We did one pic on a big bank and it just started hammering down. I was trying to climb this bank in my high heels and I nearly broke my neck!

How would you describe your calendar?

It's a bit edgy and different. There's denim and check shirts, but no bikinis or anything like that. That's what I prefer because I'm more relaxed when I'm not done up to the nines. The photographer said, "Just stand like you're waiting for a bus." And I thought, "This is easy!"

Did you have any wild

nights out? We didn't have many parties, because I was there with Lindsey Strutt and we're like grannies when we're together! We stayed in one night when everybody else went out to this bar, and just had a cup of tea and watched TV!

Why should Nuts readers buy your calendar? Because it has me in it! There's lots of skanky scenery with me in the middle of it. So if they look at it, they'll feel happy it was me who had to stand there and not them!

Finally, what calendar do you have at home? I have my agency's calendar for a bit of boob, the Robert Pattinson one for some boy action. And I have a Great Dane one. I told my mum that when I move out, I'm getting a Great Dane. Then she got me this calendar. I think she's trying to make me move out! Ha-ha! ■



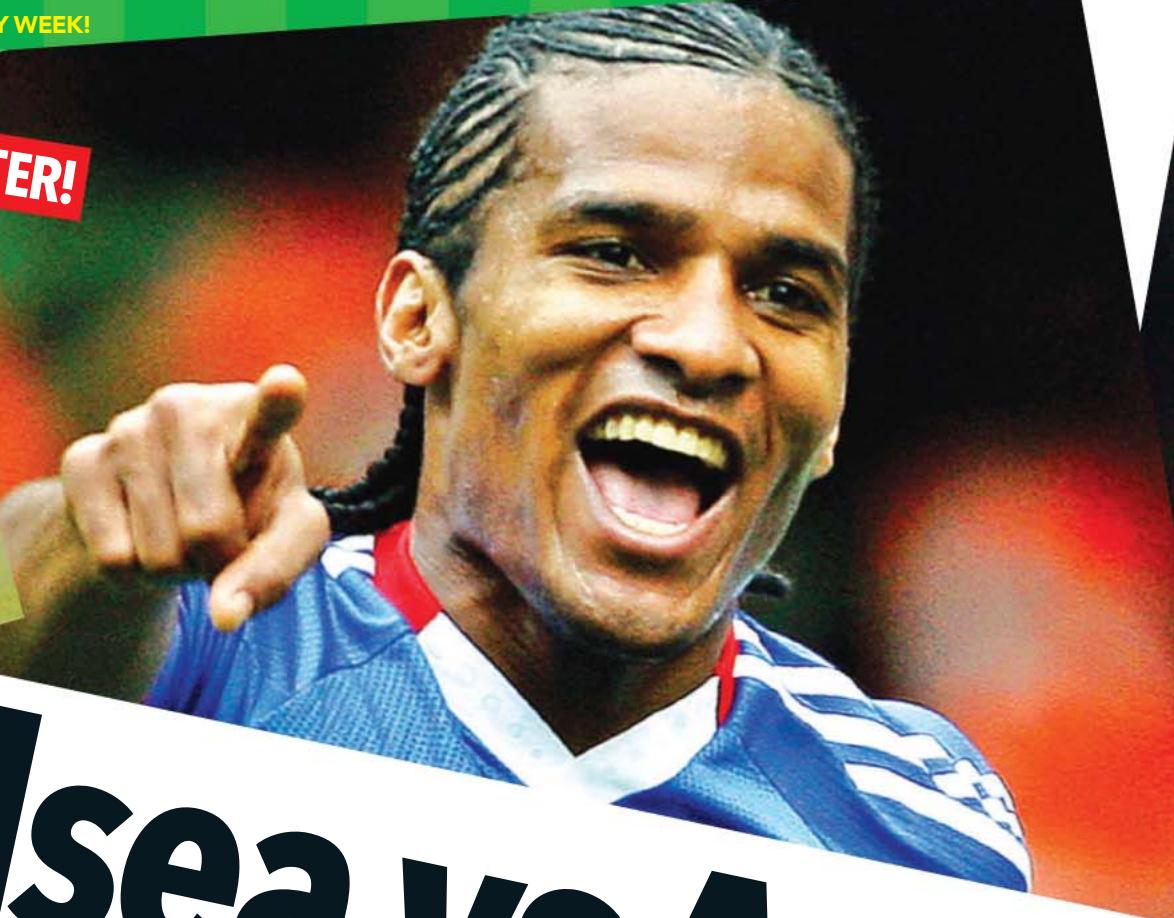
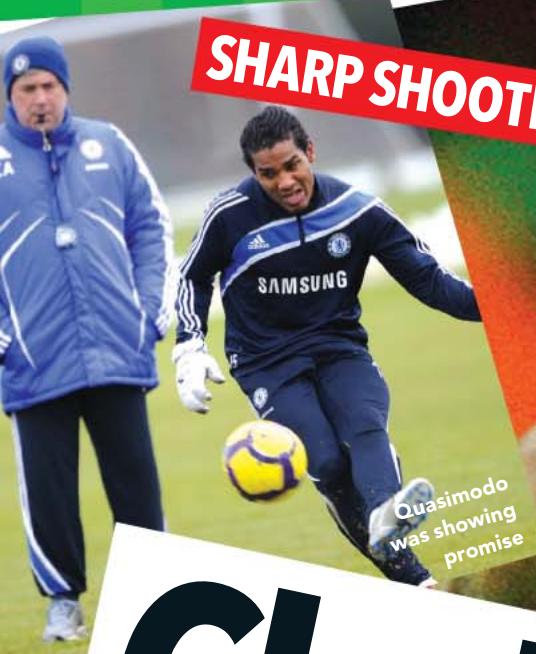
Emma Frain's calendar is now available at **nuts.co.uk/calendars**



Nuts SPORT

TACKLED BY A TRAFFIC CONE, EVERY WEEK!

SHARP SHOOTER!



Chelsea vs Arsenal

Two wing wizards talk to Nuts ahead of Sunday's big one!

Malouda: "Every week, it's a war!"

Hi Florent! What's the secret behind Chelsea's amazing goals-to-game ratio this season? Good players! Easy, huh? Seriously, we have goals in every position. The way we play means there are dangers for the opposition all around. The Chelsea way is to push forward, to attack always – and it's working very well for us. **Do you think you intimidate other teams?** This is the best and hardest league in the world – every week, you know there'll be a war – so no, I wouldn't say that. And as champions, you're there to be shot at. But we know that if we keep our philosophy sound and maintain these standards, we'll win many more games.

Are Chelsea playing the best football since you arrived at Stamford Bridge? This team is functioning in a special way and everyone knows what they're supposed to do. This allows us to get the best out of our attacking options. But I don't think we're at full capacity. We can get better! **With you receiving rave reviews seemingly every week, it's hard to believe you nearly left Chelsea a year or so ago!** Every footballer needs confidence and mine's high now – maybe it wasn't for a while before. When your team-mates and your coach make you feel important to the overall effort, you want to perform well for them and yourself. I feel this is my home.

What do you say to critics who suggest this Chelsea team is a bit long in the tooth? This was said last season and look what happened! We have experience, yes. Our dressing room is full of internationals who can cope with many situations, but the most important thing is the quality of the individuals. If we stay focused, we'll be worthy champions again. Finally, there's talk that Chelsea can do the treble this season. **How does that sound?** Fantastic! The games will keep coming and we'll do everything in our power to win every one. To retain our title is an incredible motivation but to win the Champions League for the first time would definitely overtake anything else!





enal special!

WITH THE GAFFER!

Arshavin: "This is our time!"

Hi Andrey! Arsenal have enjoyed a strong start to the season. What are your chances of winning the Premier League this season?

This can definitely be our year! We must believe this because it's time for us to win something. People often say nice things about our football but this is empty without trophies. We've started very well but it's more important to continue through the season and end well, too.

So you think Arsenal's youngsters can graduate into genuine title contenders? I've no doubt we can win the title. Our players have grown up. Not physically, because these have always been strong individuals, but mentally. In our good matches, we play beautifully, score many goals and run all over the opposition. Now, I think we know we have to win games even when the play isn't so attractive.

Do you think Arsenal get a rough ride from physical sides? Sometimes, it's difficult to cope with teams that go out to stop us. I often think it would be good if everyone played football rather than kicked. Then the sensible side of me says, "Look, Andrey, this is the way of life." It's up to us to cope with all the aspects.

Cesc Fabregas' decision to stay at the club must be a massive boost. It was obviously great that our captain remained with us. He's our little genius, the player who makes us function at a high level, the man who the supporters are 100 per cent behind. Any team in the world would be glad to have him. You've said you haven't been especially pleased with your own performances. What's been wrong? It's difficult to identify the issue. I'm missing a spark. Maybe it's just my time to suffer and after this period, I'll be back to my best. But I'm a man and I must adapt to disappointments. I've never walked away from bad situations and I won't start now. Finally, are you still in love with Arsenal? I very much enjoy being at Arsenal and living in London generally. The club is very special and has a good heart. The moment the love disappears, I'll leave – but isn't this the same for any footballer? Money doesn't make me excited, football does. When I came to Arsenal, the dream was to win many trophies. This hasn't happened yet but the signs are good for the future. I have a lot of faith in the team and manager. I have genuine belief that this is our time.

PHOTOS: CORBIS, GETTY, PA PHOTOS

Chelsea vs Arsenal
Sky Sports 2, Sunday 3 October, 4pm

KAMMY!

ONLY IN
Nuts!



He's footy's funniest pundit – and he's only in *Nuts*!

He always got carried away by the Champions League theme

'Berbatov can be a United legend!'

With Wayne Rooney struggling to come to terms with the recent tabloid stories about his private life, and his football suffering on the pitch, Man United fans couldn't have been blamed for being worried about their team this season.

"I fully expect the Bulgarian to net 20 this season"

Having thrown away leads against Fulham and Everton, they were drawing 2-2 at home to Liverpool and in danger of slipping six points behind Chelsea after just five games. Suddenly, Dimitar Berbatov rose above the Liverpool defence to not only bag three points, but to change the opinions of most fans in Britain.

The Bulgarian has found it difficult to adapt to the pace at Old Trafford for the last couple of years. When he was at Spurs,

he was the main man and all their attacking football went through him. But the pressure of becoming United's record signing seemed to affect him and he looked a massively expensive flop at best – at worst, it looked like he wasn't bothered.

This season, however, he's picked up the gauntlet thrown down by the faltering Rooney and is beginning to reward Sir Alex Ferguson's gamble on him two years ago. His spectacular second goal against Liverpool

was breathtaking, and now that he's retired from international football, I fully expect Berbatov to score in the region of 20 goals this season – possibly more than Rooney will get.

Whether that'll be enough to hang onto Chelsea's coat tails remains to be seen, but I think Carlo Ancelotti's boys could stumble after a few injuries or defeats, and it might just be the once-derided, laconic Berbatov who's waiting to pounce. If he lays off the fags, of course!

CHRIS' CRYSTAL BALL!

Chris predicts
the week's
big games!



1 CHELSEA VS ARSENAL 3 OCT, 4PM, SKY SP 1/HD

Arsenal have improved this season but I think Chelsea are still too good for them, and Didier Drogba always does well against the Gunners.

KAMMY SAYS: 2-1



2 MAN CITY VS NEWCASTLE 3 OCT, 1.30PM, ESPN/HD

Newcastle will get a few more surprising wins this season, but they won't get anything from their trip to Eastlands, as City are just too good at home.

KAMMY SAYS: 2-0



3 WIGAN VS WOLVES 2 OCT, 12.45PM, SKY SP 1/HD

This is a hard one to call, as both teams are struggling at the moment, so I'm going to sit on the fence. It'll be a hard-fought draw, and won't be pretty at all!

KAMMY SAYS: 1-1

KAMMY'S UNBELIEVABLE- OMETER™

UNBELIEVABLY GOOD!

GREAT GUNNER!

Jack Wilshere's display in Arsenal's 4-1 defeat of Spurs was superb. I'm starting to see what the fuss is about him now, and it's good news for England.



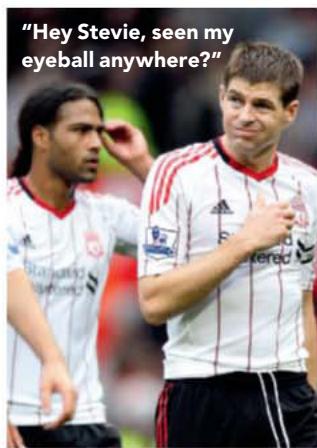
UNBELIEVABLY BAD!

A BIT RICHI

I was interested to see Arsene Wenger criticise

English football for being too physical, just before being fined for pushing an official. He won't say that again!

"Hey Stevie, seen my eyeball anywhere?"



Hi Kammy! Does it surprise you that Liverpool are struggling so badly this season? Do you think they'd have been better off keeping Rafa Benitez as manager?

Stu-pot, via email

Absolutely no way, Stu! The reason Liverpool are in so much trouble is because of Benitez and the players he brought in. Roy Hodgson doesn't have a magic wand, and it'll take him at least 12 months to sort out the mess that Rafa left behind. He has a good core of a squad, though, and I think he'll do it.

DRAW KAMMY!

Ha-ha! That's not a bad one, Katrice! Keep 'em coming, folks!

**Kammy
needs you!**

Send Kammy your jokes, pics etc to kammy@ipcmedia.com. The best one each week will be sent a signed Nuts T-shirt!



By Katrice, via email

Top tips to play poker like a pro!



Expert advice
on how to win
big in the *Nuts*
poker room

1 DON'T BLOW YOUR WAD!

Be cagey with your cash and only lay bets you can afford to lose. Don't put yourself under pressure by raising the stakes to chase your losses – you'll play worse when you're scared of losing. If you think you're the weakest player at the table, it's time to bust a move and drop down a level.

2 LAY OFF THE BOOZE!

Sinking cans playing "heads up" poker at home with the lads might be a bit of fun, but when you're playing chaps online who are only out to nab your cash, you need to keep a clear head!

3 CHOOSE YOUR HANDS!

While the big guns of the game might be able to play any two cards with skill, you'll need to build your confidence and protect your bankroll. Choose only the best starting hands to gamble with, and if you hit something big on the flop, bet hard!

4 PLAY TAG!

We're not talking playground here – to roll with the sharks, you need to play tight and aggressive. Be selective, then when you think you've got the best hand, go big.

5 STAY COOL ON THE DRAW!

If you've got a straight or a flush draw, don't keep calling bets just to see if you hit. If you're not getting the correct odds, just fold. And remember to draw to "Nut hands" (A high flush) rather than low hands (7 high flush) as even if you hit your low flush, you may be beaten by a higher flush!

6 ASSUME THE POSITION!

Play moves clockwise in poker. The worst position is the small blind spot and the best is the button. If you're right of the button, you see what everyone has done before it's your turn to act, so it's the best spot to go for it and play most of your hands.

7 GO EASY WITH THE BLUFF!

Starting out, most players like to see what the other player is holding, so they call a lot more than they fold. This means people will call your bets more than they fold to them. So don't bluff too often or you'll get found out!

*POKER TIPS COURTESY OF JAMES "JAMES666" SUDWORTH, MEMBER OF TEAM PKR PRO

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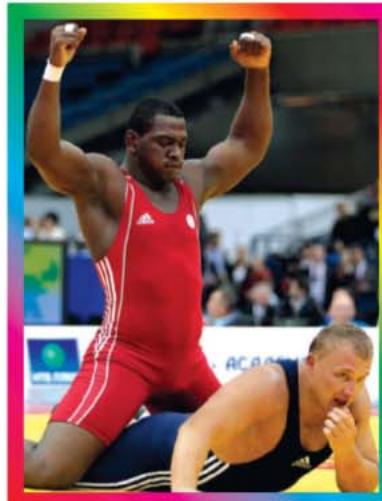
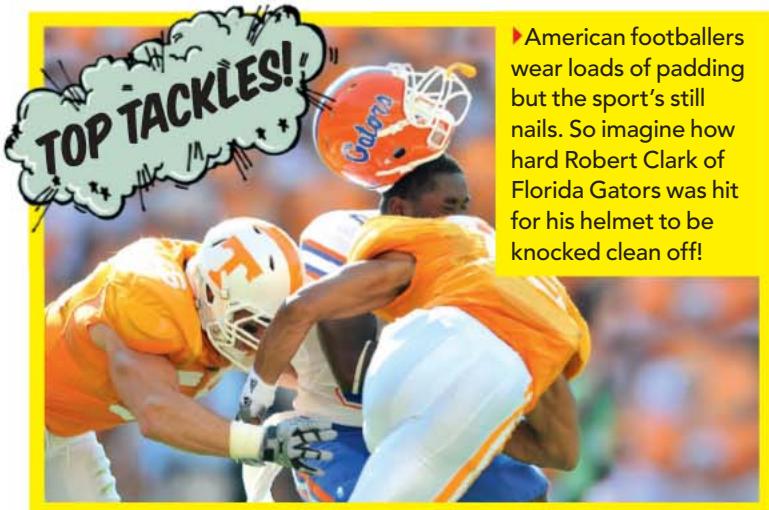
 **PKR**
let's play

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NUTS ABOUT SPORT!

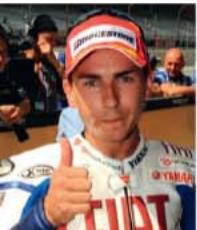
Funny goings-on in the wonderful world of sport!

Send pics, chants etc to tim_bradley@ipcmedia.com



Francesca Lukasik

How much are motorbikes these days? We only ask because apparently, if you can ride one as quick as Spanish MotoGP rider Jorge Lorenzo (far left), you might be in with a chance of bagging a lady like Francesca too. Nice work, Jorge!



RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!

ONLY IN
Nuts!

COLE: WILLY INSPECTOR!

Lionel's got
a new pet!

"I'll take this one! He
looks simply delicious!"

MESSI AND PAL!

NOSE POSE!

"Smell my
finger' is
boring on
your own!"

"Good shape...
Nice balls...
Could be cleaner!"

EVATT:
FONDLER!

"Yep, that Prince
Albert was a
great idea!"

NEVILLE:
BORED!

"Wake me up
when the Scottish
git shuts up!"

DIOUF:
DAFT!

"I call it my
'please punch
me' look!"

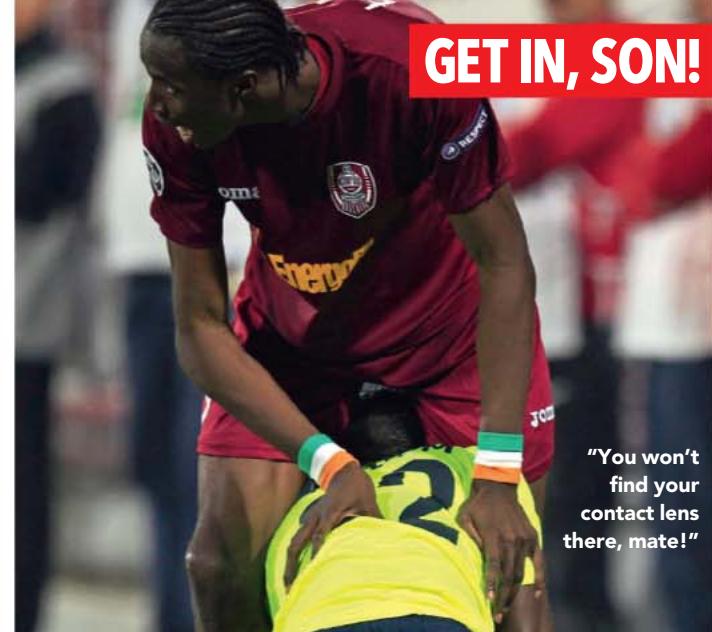
"Can I borrow
this? I want to
make a sex tape
with Sir Alex!"

CAMERA LOVING!

"Our Father,
I'm sorry I didn't
see the foul!"



MAN-LOVE CORNER!



'QUOTE ME ON THAT!'

This week's biggest match debaters!



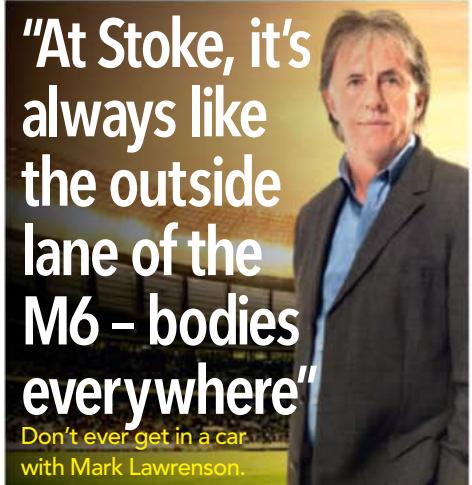
"I'm more suited to Inter Milan or Real Madrid"

Of course you are, Sam Allardyce.



"I'm not the brightest. I can't even open the door on my washing machine"

Ian Holloway's in a spin.



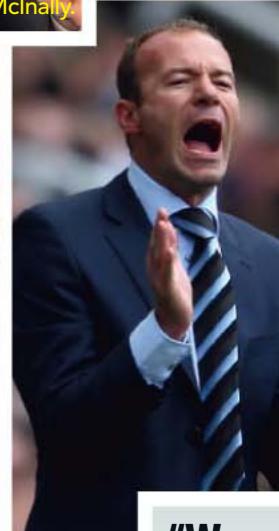
"At Stoke, it's always like the outside lane of the M6 - bodies everywhere"

Don't ever get in a car with Mark Lawrenson.



"Phil Neville was a better cricketer than Freddie Flintoff"

England bowler Graeme Swann has gone batty.



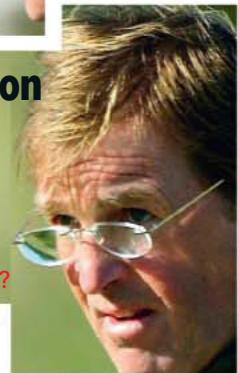
"The keeper stood with his legs"

It's usually best that way, Alan Shearer.



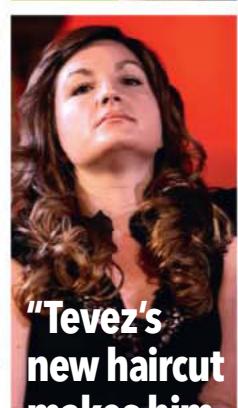
"Me posing nude for a gay magazine could be fantastic for cricket"

Jimmy Anderson gives us the willies.



"Roy Hodgson speaks very well"

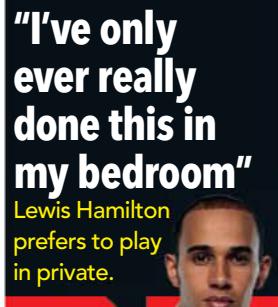
That's not weally twue, though, is it, Kenny Dalglish?



"Tevez's new haircut makes him look like a rugged Latino - if you keep one eye closed and the other squinted"

Love is blind for West Ham MD Karren Brady.

'OO-ER SOUNDS A BIT RUDE' CORNER!



"I've only ever really done this in my bedroom"

Lewis Hamilton prefers to play in private.



"The Rangers players expose themselves at home"

Ruud Gullit demands a quick flash.



"We often have to pull Jamie Mackie off"

QPR boss Neil Warnock on a bonus for his star striker.

"Wayne Rooney's thick and yet he's on £100,000 a week. I only get £100,000 a day"

Horse racing's John McCririck.



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Nuts SPORT

Striker

By PETE NASH and SIMON RAVENHILL

striker3d.net



CONTINUED NEXT WEEK

Nuts REAL GIRLS

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BEDROOM BABE!

Louise 19, Norwich, legal secretary

"I keep my figure by doing Bodycombat. I love getting hot and sweaty by kicking and punching for an hour!"

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my heart
is a man
who makes
me laugh!"

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jackpotjoy.com

BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN
Nuts!



Molly

20, Whitstable, waitress

"I'd like to be flown to Las Vegas and stay in a hotel room with a mirrored ceiling!"



Carly

23, Berkshire, receptionist

"My sexiest outfit is a black see-through bra, stockings, suspenders and killer heels!"



Melissa

18, Farnborough, student

"A guy once said to me, 'You see my friend? He wants to know if you think I'm fit!'"

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!
Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

REAL GIRLS, REAL PLACES!

ONLY IN
Nuts!

Ladies, would you like **Nuts** to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:

Name: Mellie

Age: 19

Boobs: 32D. "They're just the right size for me!"

Likes: "Bad boys."

Ever kissed a girl? "Yes, I've done it a few times!"

Strangest place you've had sex: "In a fridge!"

Sex tip: "Tickle my back!"

Mellie's saucy tour of Surrey



The *Nuts* bus stops in Walton on Thames!

Mellie on... eating!

"I love food! I eat until I feel sick! My favourites are sweets, crisps and chocolate. And I don't do any exercise. I hate it!"



Mellie on... vegging out!

"I always get up really late, so I never have time to put on my make-up before I go out. I don't mind, though – I'll go to the shops in my tracksuit!"



Mellie on... getting ready!

"I can get ready to go out in half an hour, which is quicker than anyone I know. I hate faffing about! Make-up, choose an outfit and I'm ready to go!"

Mellie on... her home!

"I'm in Walton on Thames. It's near London, so you can pop in to go shopping or clubbing. But there are lots of nice shops and restaurants here, too!"



"You get more attention as a blonde!"



Mellie on... her undies!

"I spend loads of money on underwear! I probably spend half my wages on nice sets of lingerie. Well, you can't put a price on feeling sexy, can you?"



Mellie on... her assets!

"My boobs are 32D and I like to show them off when I can. But when I'm out, I probably get the most compliments on my eyes and my smile."



Mellie on... being blonde!

"I've just turned blonde. You get more attention as a blonde but feel smarter as a brunette. I switch between the two for the best of both worlds!"



Mellie on... sleeping!

"I go to bed really early and wake up really late. I could sleep all day! I'm a real fidget in bed and I spread myself out diagonally. But I'm cuddly, too!"



Ladies and gents, it's time to laugh your heads off

The loaded LAFTAS hunt for Britain's brightest new comic is hotting up. Now see the finalists in action for free

You Nuts readers are a funny bunch. Hundreds of you have uploaded clips of yourselves performing comedy skits in a bid to be crowned our new star of stand-up comedy. Now you can rate the finalists over a selection of cracking stand-up nights around Britain. Dates and venues are listed below, and admission is completely free. So jog on down and tell us who should win.

30 September in London

Sway, Covent Garden

Compere: Geoff Norcott with Ian Stone

7 October in Croydon

Tiger Tiger

Compere: Rich Wilson with Tony Hendriks

14 October in Nottingham

Jongleurs

Compere: Rudi Lickwood with Jeff Innocent

21 October in Glasgow

Tiger Tiger

Compere: Des Clarke with Raymond Mearns

28 October in Portsmouth

Tiger Tiger

Compere: Mark Olver with Sean Meo

4 November in London

Sway, Covent Garden

Compere: Patrick Monahan with Britain's Got Talent's Kev Orkian

11 November in Nottingham

Jongleurs

Compere: Patrick Monahan with BGT's Kev Orkian

25 November in London

Sway, Covent Garden

Compere: Greg Burns with BGT's Kev Orkian

Greg Burns will be hosting the final in London



PICS: PHOTOSHOT

Visit

loaded.co.uk/laftas

to see the finalists in action

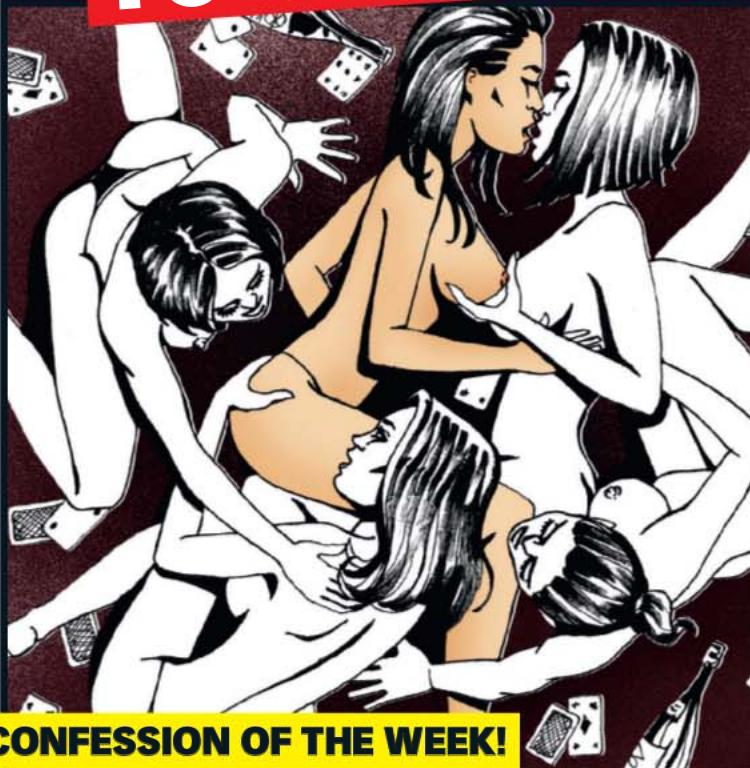


LADIES CONFESS! TO OUR SECRETARY!

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STORIES!



IT'S LOU!



CONFESION OF THE WEEK!

'School reunion was a sex fest'

I met up with some school friends a few weeks ago and we were swapping stories when one of the girls remembered how we used to play spin the bottle and strip poker with boys. Suddenly, a pack of cards appeared and it wasn't long before the five of us were down to our thongs. One of the girls dared me to kiss another and someone else had to lick the next girl's nipples. There was no awkwardness at all, and I started kissing and licking my friend's boobs, while the others kissed. We were writhing around naked on the floor before I knew it! I can't wait for the next reunion!

Gail, Essex

'She heard my scream of joy'

My boyfriend and I went to stay with his sister and her husband for the weekend. His sister is lovely but quiet and shy, and she seemed to get embarrassed

whenever we kissed and cuddled in front of her. On the Saturday afternoon, we'd been relaxing on the sofa when I came over all horny. I whispered my dirty thoughts to my man and we sneaked off up to the spare room for a bit of fun. We were going at it really loudly and didn't notice

that the bedroom window was wide open. As I reached the point of no return, I screamed out, and moments later, we heard a voice shouting from outside, then footsteps came rushing up the stairs. It seemed his sister thought I'd had a fall and was running to help. I'm not sure who looked more embarrassed as she stood in the doorway staring at us naked on the bed. It's fair to say the atmosphere in the house was a little bit awkward after that, but I reckon she was only jealous of all our sexual activity!

Ali, Canterbury

'I took him in my mouth'

I had to go on a work training course recently and the tutor was really fit. At one point, while I was leaning over a desk, I saw he had his eyes on me – he was looking down my top and I could tell that he liked what he saw! On the day before the final exam, we had practical tests, which meant a one-on-one session with him, so I wore a sexy short skirt, stockings and a low-cut top to make sure I got his full attention. As we went through the practical, his hand accidentally brushed over my hip.

He apologised but I took his hand and placed it back on my hip. That was all the encouragement he needed and soon his hands were all over my body. As he ran his fingers up my thigh, his eyes lit up when he discovered the stockings and soon his fingers found their way into my knickers. I let out

a gasp of pleasure and my noises got louder when he went down on me. I returned the favour and took his big stiffy between my lips. It didn't take long until he filled my mouth. I left the training room with a smile on my face. A colleague asked how the test had gone and I told her it was a lot easier than I thought. If only she knew how much fun it was!

Sam, Kent

'He pinned me to the wall'

A really hot guy started working in my office a few weeks ago and we hit it off from day one. We were incessantly flirting and I found the constant attention a real turn-on. It soon got to the point where I couldn't resist him any longer, so one morning, I told him to meet me later in the disabled loo in the basement. He got there before me, and as soon as I walked in, he pinned me against the wall and kissed me. Our hands explored each other's body and we tore each other's clothes off. He whipped out a condom, slid it on and we were soon going for it standing up against the toilet wall. We meet about three times a week now!

Fiona, Birmingham

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmidia.com or to the address on p72. The best one each week* wins £50! Come on, girls!

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BACK ISSUES

For all Nuts back issues, call John Denton Services on 01733 385170, fax 01733 239356

BABES OF MYNUTS!

The hottest ladies from our website

ONLY IN
Nuts!



THIS WEEK: **Caitlin**

20, Birmingham

Your three wishes? "For chocolate to have all of the flavour but none of the calories, world peace and success!"

Favourite tipple? "JD and Coke."

Favourite music? "I mostly listen to electro and house."

Favourite boozer? "The Lyttleton Arms in Hagley."

Likes: "Wotsits, cats, sex, food, drink and make-up!"

Dislikes: "Spiders, the dark and chocolate ice cream."

Superpower you'd like to have?

"To be able to time-travel!"

What else? "I love to party, laugh, dance and have fun! I love my little Princess Tinky-Pants (my cat!) and I'm a banterholic! I've worked in bars and pubs, so I'm used to a bit of friendly male banter – and I give as good as I get! You've been warned!"



See more of Caitlin at nuts.co.uk/mynuts/boxybaby

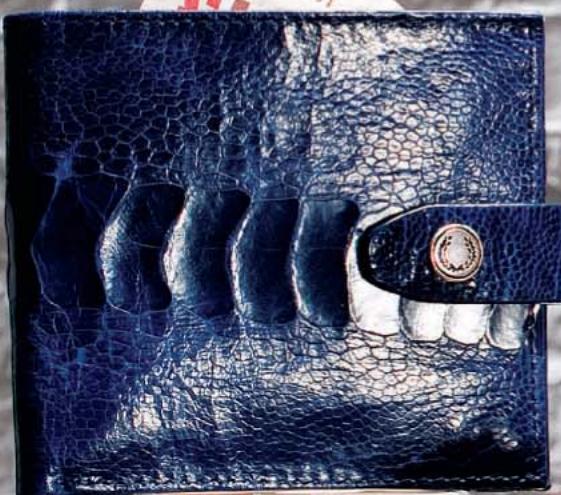
Nuts FASHION

Splash the cash to keep your moolah safe in style

10 worthy wallets

FRED PERRY £70

This is our favourite and it also comes in red!



DIESEL £45

Make the bar staff notice you with this bright number.



PAUL SMITH £120

Serious money for a serious wallet.



BURTON WORN £16

A stylish cash-holder that doesn't cost the earth.



FASHION: STEVE BUCHAN

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TOP 5 FASHION FRAGRANCES

D&G 11 LA FORCE EDT £31

If you want a sweet scent that stands out from the rest, try this new one.

Stockist:

amazon.co.uk



PAUL SMITH

MAN 2 EDT £35

Every man should own a Paul Smith wallet or shirt. Complete your get-up with this smashing new smell.

Stockist: boots.co.uk

HUGO BOSS

BOTTLED NIGHT £29

Everyone loves a bit of Hugo Boss, so try out their latest smelly stuff – it's woody, bold and a winner!

Stockist: boots.co.uk



DIESEL ONLY THE BRAVE EDT £28

Grab your Diesel jeans and spritz on this woody smell. You're ready to go!

Stockist:

theparfumeshop.com

BURBERRY SPORT EDT £33

Famous for their check prints, now grab a piece of their sport range with this citrusy scent.

Stockist: amazon.co.uk



SKIVE & TOOLE £35
Quality leather at a decent price.

DIESEL £30
We're huge fans of Diesel, so we think this cash-holder is ace!

PETER WERTH £25
A nod to mods with a check print.

TOPMAN £10
This nautically themed wallet looks classy and cool!

LUKE £35
Classic style with an interior coin-holding thingy.

FRED PERRY £30

For all you Scots, or those who just like to rock a bit of tartan.

Nuts REVIEWS

GAMES!



For the first time ever, players can now play Fifa online as goalies!

FIFA 11 ALL FORMATS



It's back! This year, the frontrunning footy sim has loads of awesome new features, including a revamped – and harder to master –

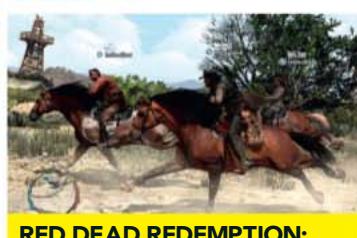
passing system, something called Personality Plus (basically, your Arshavin types now feel noticeably different from your Emile Heskeys), a more detailed career mode and more bonkers celebrations than you can shake a stick at! ★★★★



CIVILIZATION V PC



The daddy of real-time strategy games returns. Now there are more detailed worlds to conquer and larger-scale combat. ★★★★



RED DEAD REDEMPTION: LIARS & CHEATS PS3, XBOX 360



This penultimate download mission pack takes you back to the Wild West for an enhanced experience with 15 new characters, an exploding rifle and, awesomely, multiplayer horse races! ★★★★

APPS!



GOOGLE EARTH IPHONE, IPOD, IPAD



Make the most of awesome satellite technology to take a peek at anywhere in the world that interests you – even your own home! ★★★★

SKY SPORTS NEWS IPHONE, IPOD, IPAD



Keep up to date with the latest sports news, fixtures and results. This even offers access to Sky Sports News Radio, in case you're bored of 5 Live! ★★★★

DVDS/BLU-RAY!



Bill Hicks' idols included musician Jimi Hendrix and comic Richard Pryor

AMERICAN: THE BILL HICKS STORY CERT 15 DVD & BLU-RAY



If you've never heard of Bill Hicks, here's your chance to acquaint yourself with arguably the finest stand-up comedian who ever

lived. Hicks died in 1994 aged just 33, but his stuff is as relevant today as it ever was. Darker than Frankie Boyle, angrier than Jim Jefferies, more outrageous than Russell Brand – and funnier than all of them. A comic genius. ★★★★

BAD LIEUTENANT CERT 18 DVD & BLU-RAY



Black comedy that sees Nicolas Cage playing a druggie detective out to solve the murders of immigrants in New Orleans. ★★★★

HOUSE: SEASON SIX CERT 15 DVD & BLU-RAY



The sixth series of the world's greatest TV medical drama, featuring the world's grumpiest medic. Roll on series seven! ★★★★

THE IT CROWD: COMPLETE SERIES 1-4 BOX SET CERT 15 DVD



Every episode of the surreal, silly and – most importantly – hilarious comedy written by Graham "Father Ted" Linehan. ★★★★

MUSIC!

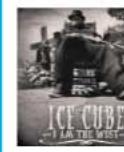


MARK RONSON RECORD COLLECTION



You know last week we said the Manics album was album of the year? We lied – this probably is. Track after track of classy, hip-hop-flavoured weirdo-pop. ★★★★

ICE CUBE I AM THE WEST



Cube takes a break from his film career to release his umpteenth album of laid-back yet sweaty rap, helped out by his West Coast hip-hop chums. ★★★★

The latest action-packed releases!

Ratings: ★★★★ Genius ★★★ Very good ★★ Investigate ★★ Alright ★ Rubbish

MOVIES!

To shoot the film,
Ryan Reynolds
had to spend 17
days in a box!

BURIED CERT 15

Ryan Reynolds plays a truck driver working in Iraq who's kidnapped for ransom then left for dead. Buried alive inside a coffin with just a lighter and a mobile phone, he faces a race against time as

he battles to escape before his oxygen runs out. There are no explosions or theatrics – instead, you get a work of claustrophobic genius that proves less is sometimes more. ★★★★



TAKERS
CERT 12A



LITTLE BIG SOLDIER
CERT 12A

Jackie Chan stars in a fighty road movie about a 17th-century soldier who kidnaps a general to buy his freedom from life as a grunt. ★★★

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Nuts TV

Seven days of brilliant telly for blokes!



TV PICK OF THE WEEK!

WEDNESDAY!

It's firing time!

The Apprentice, BBC1, 9pm

Lord Alan Sugar returns with a new series and a new set of hapless berks. Read our interview with Lord Sugar on p20.

6am

BBC ONE

6.00am Breakfast 9.15 Helicopter Heroes
10.00 Homes Under the Hammer (R)
11.00 Filthy Rotten Scoundrels 11.45
Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30
Regional News, Weather 1.45 Doctors 2.15 Diagnosis Murder (R) 3.00 BBC News, Weather, Regional News 3.05
CBBC 4.00 CBBC 5.15 Weakest Link: Quiz. (R) 6.00 BBC News, Weather 6.30
Regional News Programmes, Weather

7pm

BBC TWO

6.00am CBeebies 7.00 CBBC 8.30
CBeebies 11.30 Car Booty (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Castle in the Country 1.30 Ready Steady Cook (R) 2.00 Animal Park (R) 3.00 Put Your Money Where Your Mouth Is 3.45 Flog It! 4.30 Pointless 5.15 Escape to the Country 6.00 Eggheads 6.30 Priceless Antiques Roadshow (R)

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 News

1am

REGIONAL VARIATIONS

2.00 Sign Zone: Gears and Tears (R) 2.30 Who Do You Think You Are? (R) 3.30 The Private Life of Pigs: The habits of pigs. Er, smoking? (R) 4.30-6.00am BBC News

BBC1 SCOTLAND: 7.30pm Bang Goes the Theory BBC1
NORTHERN IRELAND: 2.00am Sign Zone: Panorama BBC1
WALES: 7.30pm Bang Goes the Theory BBC2 NORTHERN
IRELAND: 7.00pm **LIVE** Ulster Rugby: Ulster vs Glasgow
Warriors, kick-off 7.05pm. 9.00 **SPORT** Golf: The Ryder Cup STV:

8.00pm Postcode Challenge 10.30 **SPORT** STV Sports Centre: Friday Night Football 11.30 STV News, Weather 11.35 Celebrity Juice 12.20am Brain Box 1.00 Nightwatch with Steve Scott: Mystery 2.00-5.30am The Nightshift **ULSTER:** 10.30pm UTV Live, Weather 10.40 Swings Town 11.30 Dating

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
7.00 **LIVE** Golf: The 38th staging of the Ryder Cup begins at the Celtic Manor Resort in Newport. It starts with the with the fourballs matches. Ace! (HD)
1.00pm **LIVE** Golf: More top-quality ball-thwacking with the second part of today's Ryder Cup, featuring the foursomes matches in Newport, South Wales. (HD)
7.00 Golf (HD)
9.30 Rugby League (HD)
10.00 Take It Like a Fan
10.30 Premier League Preview (HD)
11.00 Football League Weekend (HD)
12.00m't Golf (HD)
2.30am Rugby League (HD)
3.00 Football League Weekend (HD)
4.00 Take It Like a Fan
4.30 Rugby League (HD)
5.00-6.00am Football League Weekend: Preview of the weekend's games. (HD)

sky SPORTS 2

6.00am Aerobics 6.30 Urban Ride 7.00 Transworld Sport 8.00 The Rugby Club 9.00 Ringside
10.00 Premier League Snooker 3.00pm Transworld Sport 4.00 Ringside (HD)
5.00 World Sport 5.30 Football League Weekend (HD)
6.30 Premier League Preview (HD)
7.00 Rugby League (HD)
7.30 **LIVE** Football: The under-16 Victory Shield match between Scotland and Northern Ireland, kick-off 7.35pm.
9.30 NFL: Britain's Game 11.00 Golfing World 12.00m't Rugby League (HD)
12.30am World Sport 1.00 Rugby Union (HD)
2.00 Rugby Union 4.00 Rugby Union (HD)
5.00-6.00am WWE Special

ON DIGITAL, SATELLITE

FILM4 (315)

6.40pm The Day After Tomorrow: Disaster thriller starring Dennis Quaid.
9.00 Bulletproof Monk: Martial arts thriller starring Chow Yun-Fat and Seann William Scott. 11.00 The Omen: Horror starring Gregory Peck. 1.10-3.00am Double Take: Offbeat documentary.

COMEDY CENTRAL (126)

7.00pm The King of Queens: Carrie and Doug fall out. 8.00 Scrubs 9.00 South Park 10.00 Lee Evans Live in Scotland 11.30 **MUST-SEE** Comedy Central at the Comedy Store: Laughs with Kevin Bridges.

ESPN

7.00pm Goal! 7.30 **LIVE** Football 9.30 Premier League Preview 10.00 Basketball 11.00 Rugby Union 12.45am Poker 1.45 Football 2.15 MMA 3.00 This Week in Baseball 3.30 30 for 30 4.30-5.30am NHRA Drag Racing

1 OCTOBER

FRIDAY

FULL 7
DAY TV
GUIDE!**4**

6.10am The Hoobs (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.30** Lakes on a Plate (R) **10.00** The Good Wife (R) **11.00** Desperate Housewives (R) **12.00noon** Channel 4 News Summary **12.05pm** River Cottage Bites **12.10** Jamie at Home: *Dishes using rhubarb.* (R) **12.40** Lakes on a Plate **1.15** **LIVE** Channel 4 Racing: *From Newmarket.* **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Coach Trip **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News
7.25 **4thought.tv**
7.30 Unreported World
NEW Oliver Steeds travels to northern Uganda.
8.00 Come Dine with Me
9.00 Embarrassing Bodies: Back to the Clinic
A former patient who suffered night terrors. Presumably from watching back-to-back shows on ITV1.
10.00 8 Out of 10 Cats
Top topical panel show.

10.50 The Inbetweeners
Will considers the idea of spending time with a girl he finds boring for the prospect of physical reward. And why not?
11.25 Lee Evans: Big - Live at the O2
Jug-eared laughs in London. (R)
12.30am Music on 4: 4Play: Tinie Tempah
12.50 The Album Chart Show Introduces: Hurts (R)

1.05 Faithless (R) **1.30** On Track (R) **1.45** Hung (R) **2.15** Studio 60 on the Sunset Strip (R) **3.00** Afterworld (R) **3.25** 4Music Top 20 **5.25-6.10am** Countdown (R)

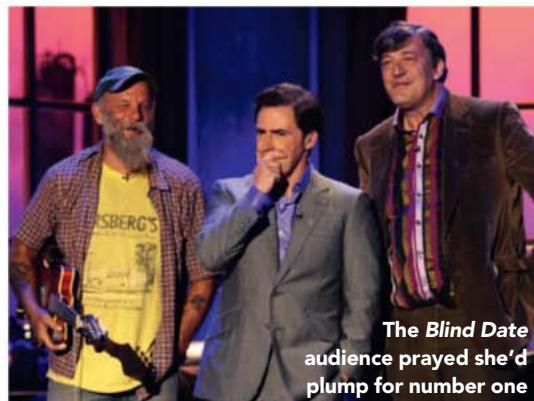
the Enemy **12.00m't** Brain Box **2.45-5.30am** **FILM** Ray: Biopic starring Jamie Foxx as soul music legend Ray Charles.

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.45** House (R) **12.40pm** Five News **12.45** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.50** Meals in Moments **3.00** The Family Recipe (R) **3.05** **FILM** Accidental Friendship: *Urban drama starring Chandra Wilson.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

sky1

6.00am Fat Families (R)(HD) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Kimberley Walsh: Blue Jean Girl (R)(HD) **10.00** Bones (R) **11.00** Wedding SOS (R)(HD) **11.30** New Parent Nightmares (R)(HD) **12.00noon** Fat Families (R)(HD) **1.00pm** Project Runway (R) **2.00** Bones (R)(HD) **3.00** Stargate SG-1 (R)(HD) **4.00** Stargate SG-1 (R)(HD) **5.00** **SPORT** WWE Superstars **6.00**Oops TV (R) **6.30** The Simpsons (R)

TODAY'S MUST-SEES

The Blind Date

audience prayed she'd plump for number one

The Rob Brydon Show

BBC2, 10pm

COMEDY

The Welsh host chats to brainy QI bloke Stephen Fry and introduces laughs from young Scottish comic Daniel Sloss. Seasick Steve provides the tunes. Top TV! ★★★★



"No, you idiot,
I said we need
a new axle!"

Dexter **FX/HD, 10pm****DRAMA**

With Miami Metro investigating a string of murders, Dexter wants to get back to his killing ways with a vengeance. But with Quinn on his case and the Trinity Killer at large, life's tough for the serial killer. Boo! ★★★★



"Owzatttt!"

"That's out... and that's a cool £20 for me!"

Comedy Central At The Comedy Store

Comedy Central, 11.30pm

COMEDY

Top stand-up laughs from Kevin Bridges and Russell Kane. ★★★★

SATELLITE AND CABLE TV TONIGHT

12.00m't South Park **1.00am** Michael McIntyre at the Comedy Store **1.30** Stewart Lee 41st Best Stand Up Ever **3.10** Grouchy Young Men **3.40** Two and a Half Men **4.05** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)
6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Weird or What?: *The possibility of mind control.* **10.00** I Shouldn't Be Alive **11.00** Trawler Wars **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** World War Two in HD Colour **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)
7.00pm Doctor Who **8.30** Great TV Mistakes **9.05** Little Britain **9.30** The King Is Dead **10.00** EastEnders **10.30**

Don't Tell the Bride **11.30** Family Guy: Double-bill of the best cartoon on telly. **12.20am** Little Britain **12.50** Ideal **1.20** Him and Her **1.50** The King Is Dead **2.20** Are You Fitter Than a Pensioner? **3.20** Don't Tell the Bride **4.20-5.20am** EastEnders: Kat and Alfie's Return

E4 (136)
7.00pm Hollyoaks **7.30** Friends **9.00** Rude Tube **10.00** Tim Minchin: Live: *The comedian presents his touring show.* **12.15am** Scrubs **1.10** Rude Tube **2.05** Tim Minchin: Live **4.00** Samantha Who? **4.20** The Hills **4.40-6.00am** Switched

DAVE (111)
6.40pm Have I Got News for You **7.20** QI **8.00** Top Gear Winter Olympics Special **9.00** QI XL: *Back-to-back editions of the comedy quiz show.* **1.55am** Louis Theroux's African Hunting Holiday **2.45-3.00am** **SPORT** Radical Highs

MTV (350)
7.00pm My Life as Liz **8.00** Celebrity Bites **8.30** On Set with Cheryl Cole **9.00** Fist Pumpin' Top 20 with Jersey Shore **10.00** Behind the Music **11.00** World Stage **12.00m't** South Park **2.00am** Jersey Shore **3.00-6.00am** All the Hits

SYFY (129)
7.00pm A Town Called Eureka **8.00** Warehouse 13 **9.00** **FILM** Derailed: Action adventure with Jean-Claude Van Damme. **10.40** **FILM** Mega Shark vs Giant Octopus: *Monster thriller.* **12.20am** **FILM** Fire Serpent: Horror starring Nicholas Brendon. **2.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

FX (164)
7.00pm NCIS **10.00** **MUST-SEE** Dexter **11.10** Burn Notice: *Ace spy drama.* **12.10am** Farscape **1.10** Babylon 5 **2.10** ReGenesis **3.10-4.10am** Water Rats

BBC
ONE

BBC
TWO

itv
1

4

FIVE

6am

6.00am Breakfast **10.00 Saturday Kitchen** Live **11.30 Nigella Kitchen (R)**
12.00noon BBC News, Regional News, Weather **12.15pm SPORT Football Focus**
1.00 SPORT Inside Sport (R) 1.30 SPORT Commonwealth Games: A look ahead to the event in India. **2.15 SPORT Cycling**
4.30 SPORT Final Score **5.10 BBC News, Regional News, Weather** **5.30 Walk on the Wild Side** **6.00 Strictly Come Dancing**

6.00am CBeebies **7.00 CBBC 12.00noon BBC Switch: The Cut** **12.25pm No Hats, No Trainers** **12.50 Shelfstackers** **1.15 The 5:19 Show** **1.35 Single, Together, Whatever (R) 2.05 Revealed** **2.25 Put Your Money Where Your Mouth Is (R) 3.10 FILM Five Children and It: Fantasy** **4.30 FILM Carry On at Your Convenience** **6.00 Dad's Army (R) 6.30 The RIBA Stirling Prize 2010 - A Culture Show Special**

5.30am ITV News **6.00 CITV 10.00 FILM Columbo: A Case of Immunity** **11.30 This Morning: Saturday** **12.30pm News, Weather** **12.39 London Weather** **12.40 The X Factor (R) 1.15 FILM Never Say Never Again: James Bond adventure starring Sean Connery and Kim Basinger.** **4.20 The Unforgettable Mollie Sugden (R) 4.50 Regional News, Weather** **5.05 ITV News** **5.20 New Britain Does the Funniest Things** **6.20 All Star Family Fortunes**

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 SPORT World Sport **7.25 SPORT Superbike World Championship 2010 (R) 7.55 SPORT The Morning Line** **8.55 T4: One Tree Hill (R) 9.50 Ugly Betty (R) 10.50 The Hollyoaks Music Show Playlist** **11.20 Album Chart Show Special: Mark Ronson** **11.50 Friends (R) 12.50pm Scrubs (R) 1.20 SPORT That Paralympic Show** **1.50 LIVE Channel 4 Racing: From Newmarket and Redcar.** **3.55 Come Dine with Me (R) 6.30 News** **6.55 thought.tv**

6.00am Milkshake! **10.00 SPORT UEFA Europa League Highlights** **11.05 How Do They Do It? (R) 11.35 The Gadget Show (R)**
12.35pm Rory and Paddy's Even Greater British Adventure (R) 1.35 FILM The Sea Wolves: World adventure with Gregory Peck. **3.55 FILM Operation Pacific: War drama starring John Wayne and Patricia Neal.** **6.00 FILM Jackie Chan's First Strike: Action thriller starring Jackie Chan.**

7pm

7.05 Merlin Arthur and Merlin find themselves outnumbered in a tavern brawl.

7.50 The National Lottery: In It to Win It

8.40 Casualty

The staff prepare for the cleanliness inspection. Sounds exciting, eh?

9.30 Michael McIntyre's Comedy Roadshow

MUST-SEE Another load of stand-up chuckles with John Bishop, Justin Moorhouse, Miles Jupp and Terry Alderton. Brilliant stuff!

10.15 BBC News, Weather

10.30 Match of the Day

SPORT Including highlights of Man United's trip to Sunderland and Spurs' clash with Villa.

11.50 The Football League Show

SPORT All the goals and gaffes from today's fixtures in the Championship and beyond.

7.30 Blitz: The Bombing of Coventry The repercussions of the Second World War bombing raid.

8.30 Golf: The Ryder Cup **SPORT** All the day's ball-battering action from the second day's play at the Celtic Manor Resort.

10.30 QI XL

With Sean Lock and David Mitchell.

11.15 The Rob Brydon Show

The host interviews QI brainbox Stephen Fry, while 19-year-old funnyman Daniel Sloss brings the gags. (R)

11.45 Genius with Dave Gorman

Dave Gorman discusses daft inventions from the general public, with top laugher-merchant Russell Howard. And, er, Hazel Irvine. What a double act! (R)

12.15am The Station Agent

FILM Comedy drama about a reclusive dwarf who moves to a small town. Odd, but quite good.

7.05 The X Factor

The judges invite the remaining 32 acts to their homes. Pity the luckless souls who end up at mad old Louis Walsh's gaff.

9.00 When Piers Met Lord Sugar

MUST-SEE The bearded moneyman opens up his massive waterside Florida mansion to Piers Morgan for a bit of a chinwag.

10.15 Hot Fuzz

MUST-SEE Ace copper comedy starring Simon Pegg and Nick Frost as a pair of bobbies faced by a string of bizarre murders.

11.15 ITV News, Weather

11.30 Hot Fuzz **MUST-SEE** That's the pesky news break out of the way. Sit back and enjoy the rest of the film!

12.45am The Zone

Shopping and interactive gaming.

7.00 Stephen Hawking's Universe

The renowned physicist sets out the entire history of the universe. Make sure you've been to the loo first.

9.00 Die Hard 2

FILM Action-packed sequel as Bruce Willis heads to Washington airport to take on some more Euro-baddies! Not as good as the original, but still top explosive fun. Yippee ki-yay!

11.15 Phone Booth

FILM Mega-tense thriller starring Colin Farrell as a New York playboy trapped inside a phone booth by a sniper at the other end of the line.

12.45am Oye Lucky! Lucky Oye!

FILM Indian crime film following a young hustler who becomes Delhi's most notorious thief and con-man.

7.35 Five News

7.40 NCIS

DiNozzo goes undercover to help a military prisoner escape. (R)

8.35 NCIS

The team bring a private investigator on board. Losing their touch, eh? (R)

9.30 CSI: Crime Scene Investigation

A speeding rubbish truck leads the team to two bodies. (R)

10.30 CSI: Crime Scene Investigation

A former pro golfer is found dead. (R)

11.30 CSI: Miami

The team investigate the case of a film star who died after a spell in rehab. (R)

12.30am SuperCasino

Interactive gambling gubbins.

1.15-6.00am BBC News

1.40-3.25am FILM Wise Blood: Black comedy starring Ned Beatty.

2.45 Raines: Sarah's husband is found dead. (R) 3.35-5.30am ITV Nightscreen

3.00 Studio 60 on the Sunset Strip (R)
3.50 FILM The Eve of St Mark: War drama starring William Eythe and Anne Baxter.
5.25-6.10am Countdown (R)

4.05 Police Interceptors **4.55 The Family Recipe** **5.05 Hana's Helpline** **5.15 The Milkshake! Show** **5.35 Thomas & Friends**
5.50-6.00am Roary the Racing Car

REGIONAL VARIATIONS

BBC1 NORTHERN IRELAND: **1.15am Sign Zone: Gears and Tears** **4.45-6.00am BBC News** **BBC2 NORTHERN IRELAND:** **7.30-8.30pm Michael Wood's Story of England**

12.15am QI XL **BBC2 WALES:** **7.30-8.30pm Spitfire Women** **10.30 Michael Wood's Story of England**
11.30 The Rob Brydon Show **12.00m 't'12.15am When Wales Shook the World** **STV: 10.15-11.15pm FILM American Pie: Bawdy sex comedy** starring Jason

Biggs, Chris Klein and Natasha Lyonne. **11.30 FILM American Pie: Continued.** **12.15am Brain Box** **1.00 FILM Alien Siege: Sci-fi thriller** starring Brad Johnson.
2.45-5.30am The Nightshift **ULSTER: 12.45am Brain Box** **2.30-2.45am UTV Rewind**

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics
6.30 Rugby League (HD)
7.00 LIVE Golf: More inter-continental club-swinging with coverage of the second round of Ryder Cup fourballs. (HD)
1.00pm LIVE Golf: The second day's Ryder Cup pitching and putting draws to a close at Celtic Manor Resort in Newport, South Wales. Get in the hole! (HD)
7.00 Golf: Highlights of the second day of the Ryder Cup in South Wales. (HD)
9.30 LIVE Boxing: Face-mangling galore as Leva Kirakosyan takes on Stephen Foster Jr for the European super featherweight title in Bolton. (HD)
11.30 Rugby League (HD)
12.30am Golf (HD)
3.00 Boxing: Another chance to catch tonight's scrap in Bolton. (HD)
5.00 Take It Like a Fan
5.30-6.00am Football (HD)

sky SPORTS 2

6.00am Rugby Union (HD)
7.00 Take It Like a Fan
7.30 Football League Weekend (HD)
8.30 Champions League Weekly (HD)
9.00 Premier League Preview (HD)
9.30 Take It Like a Fan
10.00 Soccer AM
12.00noon Take It Like a Fan
12.30pm MUST-SEE Football: Wigan vs Wolves, kick-off 12.45pm. (HD)
3.15 Champions League Weekly (HD)
3.45 World Sport
4.15 Sky Sports Classics: Highlights of the Champions League group game between Liverpool and Olympiakos in 2004.
4.30 Time of Our Lives
5.30 LIVE Rugby League: The showpiece match, kick-off 6pm. (HD)
8.25 Football: Delayed coverage of today's Premier League games. (HD)
5.45-6.00am Sky Sports Classics

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.55pm Behind Enemy Lines: Bosnian War drama starring Gene Hackman. **9.00 Eragon: Adventure.** **11.00** Damien - Omen II: Horror sequel. **1.05-3.05am Ashes of Time Redux: Drama.**

COMEDY CENTRAL (126)

5.25pm FILM The Mask of Zorro: Swashbuckling adventure starring Antonio Banderas. **8.00 Two and a Half Men** **9.00 Dara O Briain** **Talks Funny: Live in London** **1.40 Comedy Central at the Comedy Store** **2.10 South Park** **3.10 Two and a Half Men** **4.05 Shortcuts Shuffle** **4.20 Everybody Loves Raymond** **5.10-6.00am Frasier**

Talks Funny: Live in London **1.40 Comedy Central at the Comedy Store** **2.10 South Park** **3.10 Two and a Half Men** **4.05 Shortcuts Shuffle** **4.20 Everybody Loves Raymond** **5.10-6.00am Frasier**

DISCOVERY (520)

7.00pm Bear Grylls: Born Survivor **8.00 How It's Made** **9.00 Greatest Tank Battles** **10.00 River Monsters** **11.00 How the Universe Works** **12.00m't I Shouldn't Be Alive** **1.00am Bear Grylls: Born Survivor** **5.30-6.00am How Does That Work?**

BBC3 (115)

7.00pm The Real Hustle: Celebrity Scammers **8.00 Top Gear** **9.00 FILM The Guardian: Drama** starring Kevin Costner and Ashton Kutcher. **11.15 Live at the Apollo** **12.00m't Family Guy** **12.45am Young, Dumb and Living Off Mum** **3.45 Live at the Apollo** **4.30-5.30am The Real Hustle: Celebrity Scammers**

E4 (136)

7.00pm The Big Bang Theory **8.00 How I Met Your Mother** **8.30 Friends** **10.00 The 100 Greatest Stand Ups** **10.20 12.05am Friends** **12.35 Wife Swap USA** **1.30 How to Look Good Naked** **2.25 Jo Frost: Extreme Parental Guidance**
3.20-6.00am Hollyoaks

DAVE (111)

7.00pm The Gadget Show **8.00 James May: My Sisters' Top Toys** **9.00 Billy Connolly's World Tour of Scotland**
1.00am Never Mind the Buzzcocks **2.10 And Then You Die** **2.35-3.00am Whose Line Is It Anyway?**

MTV (350)

7.00pm Celebrity Bites **7.30 Diddy Crashes Glasgow** **8.00 40 Most Shocking Celebrity Divorces** **10.00 Randy Jackson's America's Best Dance Crew** **11.00 Celebrity Bites** **11.30 Making the Video** **12.00m't**

2 OCTOBER

SATURDAY

FULL 7
DAY TV
GUIDE!

sky1

6.00am Brainiac: Science Abuse (R)(HD) **7.00** Crash Test Dummies (R)(HD) **8.00** Oops TV (R)(HD) **9.00** SPORT Football's Next Star (R)(HD) **10.00** SPORT Soccer AM **12.00noon** Oops TV (R) **1.00pm** Malcolm in the Middle (R)(HD) **2.00** Bill Bailey's Birdwatching Bonanza (R)(HD) **3.00** Liza and Huey's Pet Nation (R)(HD) **4.00** My Pet Shame (R)(HD) **5.00** Fat Families: Second Helpings (R)(HD) **6.00** Futurama: Top cartoon. (R) **6.30** Simpsons - Mischief & Mayhem (R)(HD)

7.00 The Simpsons

Homer enlists Professor Frink's help in recovering his memory. (R)(HD)

7.30 The Simpsons

Bart and Lisa help some extraterrestrials phone home. As you do. (R)(HD)

8.00 My Son, Drugs and Me

Docu about drug addiction. Grim. (R)

9.00 Madonna: Sticky and Sweet - Live from Buenos Aires

The wrinkly pop star performs live in the Argentine capital. Let's hope they don't cry for her. She hates that. (R)(HD)

11.30 The Ryder Cup Concert

Highlights of the event at the Millennium Stadium celebrating the start of the Ryder Cup, featuring warbling from Shirley Bassey and Katherine Jenkins. (R)(HD)

12.30am Classic Albums

Documentary charting the making of Metallica's 1991 self-titled record, often known as the *Black Album*. (R)

1.35 Football Behind Bars (R)(HD) **2.35** Road Wars (R) **3.30** Ross Kemp on Gangs (R)(HD) **4.20** Don't Forget the Lyrics (R)(HD) **5.10-6.00am** Sell Me the Answer (R)(HD)

Diddy Crashes Glasgow **12.30am** MTV Presents Mark Ronson and The Business International **1.30** Making the Video **2.00** Randy Jackson's America's Best Dance Crew **3.00-6.00am** All the Hits

SYFY (129)

6.30pm **M**ega Shark vs. Giant Octopus **8.10** **M** 30,000 Leagues Under the Sea: Underwater thriller. **10.00** **F**ilm Triangle: Horror. **12.00m+** **F**ilm Derailed: Action. **1.40am** **F**ilm Thirst: Drama. **3.20** 3rd Rock from the Sun **3.50-6.00am** Thunderbirds

FX (164)

6.00pm The Listener **8.00** American Dad! **9.00** Better Off Ted **10.00** Robot Chicken **10.15** Family Guy: Chris runs away. **11.15** Metalocalypse **11.30** Family Guy **12.30am** The Venture Brothers **1.00** American Dad! **2.00** Family Guy **3.00-4.00am** Better Off Ted

TODAY'S MUST-SEES



BRIT COMEDY!

The 100m starters weren't taking any chances



Wigan vs Wolves

Sky Sports 2/HD, 12.30pm

SPORT

The mighty Wolves head to the DW Stadium to dole out a thrashing to the hapless headless chickens of Wigan. And yes, this preview was written by a Wolves fan. ★★★★



"We're identical quintuplets! Can't you tell?"

Michael McIntyre's Comedy Roadshow

BBC1, 9.30pm

COMEDY

John Bishop headlines as the stand-up tour arrives in Blackpool. ★★★★

Hot Fuzz

ITV1, 10.15pm

FILM

A brilliantly British take on the classic cop "buddy movie" that's hilarious and a little bit spooky. Simon Pegg is the London police officer who gets transferred to a sleepy rural town in the West Country, where he's partnered with dopey Nick Frost and tasked with investigating a string of bizarre murders. It's even funnier and more quote-filled than 2005's *Shaun Of The Dead*, so if you haven't seen it, plonk yourself on the sofa and prepare for a treat! ★★★★



When Piers Met Lord

Sugar

ITV1, 9pm

DOCU

Piers meets the tycoon in Florida before they visit the London estate where Sugar grew up. Back to Earth with a bump, eh? ★★★★

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BBC
ONE

6am

6.00am Breakfast **7.40** **SPORT** Match of the Day (R) **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks **12.00noon** Regional Programme **1.00pm** EastEnders **2.00** **LIVE** Commonwealth Games Opening Ceremony: Coverage from Delhi, India. **5.30** Songs of Praise **6.05** BBC News, Regional News, Weather **6.30** Countryfile

BBC
TWO

6.00am CBeebies **6.25** **SPORT** CBBC **6.40** **LIVE** MotoGP: The Japanese Grand Prix. **8.00** CBBC **10.00** Something for the Weekend **11.30** Animal Park (R) **12.00noon** EastEnders **1.00pm** **SPORT** Cycling **2.00** **LIVE** Racing: Including the Prix de l'Arc de Triomphe. **3.25** **FILM** Alvarez Kelly: Western starring William Holden. **5.15** **SPORT** Rugby League **6.00** The Coral Gardener (R) **6.10** **FILM** Gun Fury: Western starring Rock Hudson.

itv
1

5.30am ITV News **6.00** CITV **9.25** Coronation Street **11.45** This Morning: Sunday **12.40pm** Dinner Date (R) **1.40** News, Weather **1.55** The X Factor: The remaining 32 acts compete for a place in the live studio rounds. (R) **3.50** Torvill and Dean's Dancing on Ice Tour 2010 **4.50** Downton Abbey (R) **6.20** Regional News, Weather **6.30** ITV News **6.45** The Cube

4

6.10am Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** **SPORT** British Formula 3 International Series **7.30** **SPORT** Triathlon **8.00** GT Academy **8.25** T4: Friends (R) **9.20** Hollyoaks **11.55** Nadine Coyle: Video Exclusive **12.05pm** Ugly Betty **1.05** The Simpsons (R) **2.05** Friends (R) **2.35** **FILM** The Wedding Planner: Romantic comedy. **4.35** Deal or No Deal **5.25** **NEW** Time Team **6.30** News **6.55** 4thought.tv

FIVE

6.00am Milkshake! **10.00** Shake! **11.10** How to Take Stunning Pictures (R) **11.40** Eddie Stobart: Trucks and Trailers (R) **12.40pm** Cowboy Builders (R) **1.45** **FILM** I Dream of Murder: Suspense thriller. **3.20** **FILM** Calamity Jane: Musical Western starring Doris Day and Howard Keel. **5.20** **FILM** The Emperor's New Groove: Animated musical comedy. **6.50** Five News **6.55** **FILM** Charlie's Angels: Full Throttle: Action adventure sequel starring Drew Barrymore and Cameron Diaz.

7pm

7.30 Antiques Roadshow
Dusty old bric-a-brac. No thanks.
8.30 Inspector George Gently
Gently and Bacchus head for a university campus. The dirty old beggars...

10.00 BBC News, Weather
10.25 Who Do You Think You Are?
Ferris Bueller himself, Matthew Broderick, traces his paternal roots.

11.10 Spooks
More spy-based sneaking. (R)

12.10am The Sky at Night
Patrick Moore casts his eye over the stars for the umpteenth time.

12.35 Sign Zone: The Secrets of Scientology
Docu exploring the crackpot cult, sorry religion, of Scientology. (R)

7.30 Golf: The Ryder Cup
SPORT Highlights of today's best action, as the Euro-Yank face-off drew to a conclusion.
9.30 Can England Win the Next World Cup?
MUST-SEE Do you really want us to answer that? Gary Lineker tries to stay positive with this look at the state of English football, with input from some of the game's top gaffers.

10.10 Match of the Day 2
SPORT Highlights of today's Premier League action, including Man City vs Newcastle and the big one between Chelsea vs Arsenal.
11.20 Mock the Week
Jack Whitehall and Chris Addison join the regulars for more topical laughs. (R)
11.50 MotoGP
SPORT Highlights of the Japanese Grand Prix from Motegi.

7.45 The X Factor
The judges whittle down the contenders from the also-rans as the line-up for the final 12 is completed.

9.00 Downton Abbey
Period costume drama. Avoid.
10.05 ITV News, Weather
10.15 DCI Banks: Aftermath
Gritty police drama with Stephen Tompkinson investigating the case of five missing girls. (R)

11.15 Drama Trails
James Nesbitt sifts through some ropey ITV dramas, and tries to link them all together. As pointless as it sounds.
12.10am Premiership Rugby Union
SPORT All the latest egg-chasing, including Bath vs Gloucester and Sale vs Wasps
12.55 The Zone
Shopping and interactive gaming.

7.00 The Genius of British Art
NEW The role art has played in British history.

8.00 27 Dresses
FILM God-awful romcom starring Katherine Heigl as a serial bridesmaid who finally finds someone to marry her. Terrible. Watch Sky Sports 2!

10.05 My Big Fat Gypsy Wedding
Docu exposing gypsy and traveller weddings, where ancient traditions meet modern fashions. Very weird. (R)

11.10 The Accused
FILM Oscar-winning drama starring Jodie Foster as a woman fighting for justice after being raped.

12.55am SuperCasino
Interactive wallet-emptying service.

1am

1.35 Holby City: Medical nonsense. (R)
2.35 Victorian Pharmacy (R) **3.35** Domesday (R) **4.35-6.00am** BBC News

1.10am **FILM** Searchers 2.0: Road movie comedy starring Del Zamora, Ed Pansullo and Jaclyn Jonet. **2.50-4.35** BBC News

2.30 **SPORT** British Superbike Championship Highlights: Action from Silverstone. **3.25** **SPORT** Motorsport UK **4.10-5.30am** ITV Nightscreen

5.15am **LIVE** American Football: New York Giants vs Chicago Bears, kick-off 1.20am. **4.45** **SPORT** Boardmasters (R) **5.10-5.55am** Countdown (R)

4.05 Police Interceptors **4.55** The Family Recipe **5.00** Hana's Helpline **5.15** The Milkshake! Show **5.35** Thomas & Friends **5.50-6.00am** Roary the Racing Car

REGIONAL VARIATIONS
BBC1 NORTHERN IRELAND: **10.25pm** The Politics Show **10.45** Who Do You Think You Are? **11.30** Spooks **12.30am** The Sky at Night **12.50** Off the Beaten Track **1.05-1.35am** Sign Zone: Bang Goes the Theory **BBC1 WALES:** **10.30pm** Who Do You

Think You Are? **11.15** Spooks **12.15-12.35am** The Sky at Night **BBC2 SCOTLAND:** **10.00pm** **SPORT** Sportscene **10.45** **SPORT** Match of the Day **2 11.45** Mock the Week **12.15am** **SPORT** MotoGP **BBC2 WALES:** **6.50pm** Dad's Army **7.20-7.30** The Coral

Gardener **11.20** **SPORT** Scrum V **12.10am** **SPORT** MotoGP **1.30** Mock the Week **2.00-4.35am** BBC News **STV:** **9.00-10.05pm** Taggart **10.15** **SPORT** STV Sports Centre: Rugby **11.00** Total Emergency **12.00m't** Brain Box **1.00am** Raines **2.00-5.30am**

The Nightshift **ULSTER:** **6.45-7.45pm** Lesser Spotted Ulster **10.15** Bouquet of Barbed Wire **11.15** All Star Family Fortunes: With Colin Jackson. **12.00m't** Brain Box **2.30am** UTV Rewind **2.35-3.25am** **SPORT** Premiership Rugby Union

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics
6.30 Football First (HD)
9.30 Champions League Weekly: Action from Chelsea vs Marseille. (HD)
10.00 **MUST-SEE** Golf: It's the final day's play in the Ryder Cup at the Celtic Manor Resort. Will the trophy be winging its way Stateside? Let's hope not... (HD)
7.00pm Golf: Highlights from the final day's play. Just in case you missed it earlier. Or indeed if you fancy a bit of a gloat over our Trans-Atlantic chums! Provided they've lost... (HD)
9.30 Champions League Weekly (HD)
10.00 Football: Extended highlights from today's Premier League tussle between Chelsea and Arsenal at Stamford Bridge.
11.30 Golf (HD)
2.00am Football
3.30 Super Sunday: The Last Word (HD)
4.00-6.00am Spanish Football (HD)

sky SPORTS 2

6.00am Rugby League (HD)
7.00 Golf (HD)
9.30 The Sunday Supplement
11.00 Goals on Sunday (HD)
1.00pm Champions League Weekly (HD)
1.30 Boxing (HD)
3.30 **MUST-SEE** Football: It's a top-of-the-table clash at Stamford Bridge, as Chelsea take on Arsenal. After getting spanked home and away last time round, Arsene Wenger's men will be looking for payback today. Kick-off 4pm. (HD)
6.30 Super Sunday: The Last Word (HD)
7.00 **LIVE** Spanish Football: Coverage of the second-half of a La Liga match. (HD)
8.00 **LIVE** Spanish Football: Another helping of footy. Ace! (HD)
10.00 Rugby League
11.00 IAAF Athletix Weekly
11.30 Super Sunday: The Last Word (HD)
12.00m't-2.00am Spanish Football (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM (315)

6.50pm Night at the Museum: Fantasy comedy starring Ben Stiller. **9.00** Keeping Mum: British comedy starring Rowan Atkinson. **11.00** Omen III - The Final Conflict: Supernatural horror starring Sam Neill. **1.10-3.45am** C.R.A.Z.Y.: Comedy drama starring Marc-André Grondin.

COMEDY CENTRAL (126)

5.35pm Two and a Half Men **9.00** Peter Kay at the Comedy Store **9.30** **FILM** Scary Movie 2: Spoof horror sequel starring Anna Faris. **11.05** Sean Lock: Live at Hammersmith Apollo **12.15am** Grouchy

Young Men **12.45** Comedy Central at the Comedy Store **1.15** Two and a Half Men **2.15** South Park **3.15** Scrubs **4.10** Shortcuts Shuffle **4.20** Everybody Loves Raymond **5.10-6.00am** Frasier

DISCOVERY (520)

7.00pm How Do They Do It? **8.00** How the Universe Works **9.00** Trawler Wars **10.00** Bear Grylls: Born Survivor **11.00** The 9/11 Faker **12.00m't** Greatest Tank Battles **1.00am** Mythbusters **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Doctor Who **7.50** Doctor Who Confidential **8.00** Are You Fitter Than a Pensioner? **9.00** Gavin & Stacey **9.30** Him and Her **10.00** American Dad! **10.45** Family Guy **11.30** Gavin & Stacey **12.00m't** Ideal **12.30am** Him and Her **1.00** The King Is Dead: With George Lamb **1.30** Five Really Disgusting Foods

2.30 Greatest TV Mistakes **3.00** Ideal **3.30** The King Is Dead **4.00-5.00am** Are You Fitter Than a Pensioner?

E4 (136)

7.00pm Life Unexpected **8.00** Friends **9.00** **FILM** Snakes on a Plane: Thriller starring Samuel L. Jackson and Julianne Margulies. **11.05** Skins **1.10am** Wife Swap USA **2.10** Supernanny USA **2.55** Scrubs **3.20-6.00am** Hollyoaks

DAVE (111)

7.00pm Trawlers: A maiden voyage runs into trouble. **7.40** Have I Got News for You **8.20** I'm Alan Partridge **9.00** Red Dwarf **1.35am** Never Mind the Buzzcocks **2.35-3.00am** Whose Line Is It Anyway?

MTV (350)

7.00pm Randy Jackson's America's Best Dance Crew **8.00** 16 and Pregnant **9.00** Jersey Shore **10.00** The Hard Times of RJ

3 OCTOBER

SUNDAY**FULL 7 DAY TV GUIDE!**

6.00am Hour of Power (HD) **7.00** Crash Test Dummies (R)(HD) **8.00** Malcolm in the Middle (R)(HD) **9.00** Road Wars (R) **10.00** **SPORT** WWE Superstars (R) **11.00** **SPORT** WWE: Experience (R) **12.00noon** Best Of Must Be the Music (R)(HD)

1.00pm Pineapple Dance Studios: Best Of - Volume One (R)(HD) **2.00** Pineapple Dance Studios: Best Of - Volume Two (R)(HD) **3.00** Emergency Animal Rescue (R)(HD) **4.00** Futurama (R)(HD) **6.00** The Simpsons (R)(HD) **6.30** The Middle (HD)

7.00 The Middle

Frankie discovers the perfect pair of children. Sounds a bit odd. (HD)

7.30 The Simpsons

Mayor Quimby is forced to shut the Springfield borders. (R)(HD)

8.00 The Simpsons

Homer is jealous when an old classmate is inducted into the Walk of Fame. (R)(HD)

8.30 Modern Family

Claire's plans for a family portrait do not go smoothly. (R)(HD)

9.00 An Idiot Abroad

Karl Pilkington arrives in India. Naturally, it confuses him! Brilliant, as ever. (R)(HD)

10.00 House

MUST-SEE Cuddy and House take a sick day to work on their relationship. Nice!

11.00 George Michael Live in London

Crooning at Earls Court. (R)

12.00m't Inside: Gangs Behind Bars

Keep hold of that soap... (R)

1.00am Law & Order **1.50** Ross Kemp on Gangs **2.40** Road Wars **3.30** Family Court: Judge Penny **4.20** Don't Forget the Lyrics **5.10-6.00am** Sell Me the Answer

Berger **10.30** Valemont **11.00** The Dudesons in America: Stunts and pranks by four childhood friends from Finland. **11.30** South Park: Chef returns. **1.00am** Jersey Shore **2.00** The Hard Times of RJ Berger **3.00-6.00am** All the Hits

SYFY(129)

7.00pm Warehouse 13 **8.10** **FILM** Out for a Kill: Action adventure starring Steven Seagal. **9.45** **Premiere** Open Graves: Horror. **11.25** **FILM** Airline Disaster: Thriller starring Lindsey McKeon. **1.15am** Thunderbirds **2.20** 3rd Rock from the Sun **3.00** Painkiller Jane **4.00-6.00am** Thunderbirds

FX(164)

6.00pm Burn Notice **8.00** NCIS **10.00** Dexter **11.10** Life **12.10am** Burn Notice **1.10** To Catch a Predator **2.10** Cops **3.10** Robot Chicken **3.25** Metalocalypse **3.40-4.10am** The Venture Brothers

TODAY'S MUST-SEES**DERBY DRAMA!****Chelsea vs Arsenal**

Sky Sports 2/HD, 3.30pm

SPORT This game should give us an idea as to whether this season's title race will be an interesting, several-horse-race affair, or whether we can pack up now and give the trophy to Chelsea. Last season, the Blues stuck five past the Gunners over two easy Premier League victories. Arsene's boys are playing beautiful football this term but the question remains, can they turn it into wins against the big boys? Kick-off 4pm. **★★★★★**

**Ryder Cup Golf**

Sky Sports 1, 10am

SPORT The final day of Europe vs USA ball-pinging in Wales gets under way with the singles matches that'll decide the destination of the trophy. In 2008, the Americans wrapped up an easy victory at this stage. Time for revenge! **★★★★**

**House**

Sky1/HD, 10pm

DRAMA Dr House doesn't do sentimental but as the new series kicks off tonight (woo-hoo!), we see a whole new side to the angry medic as he and his boss, Cuddy, finally get it on. But what effect does it have on the hospital? **★★★★**

**Can England Win The Next World Cup?**

BBC2, 9.30pm

DOCU Gary Lineker sifts through the wreckage of England's World Cup, and asks what must change if they're ever to win it again. **★★★★★**

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PKR let's play

BBC
ONE

6am
 6.00am Breakfast 9.15 Heir Hunters (R)
 10.00 Homes Under the Hammer (R)
 11.00 **LIVE** Commonwealth Games: The finals of five swimming disciplines.
 1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 **LIVE** Commonwealth Games: Women's hockey, netball and men's artistic gymnastics. 5.00 **LIVE** Commonwealth Games: The final events on day one in Delhi. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC
TWO

6.00am CBeebies 7.00 CBBC 9.00 **LIVE** Commonwealth Games: *The opening swimming heats at the Dr SP Mukherjee Swimming Stadium.* 11.00 Daily Politics Conference Special 1.00pm **SPORT** Equestrian: *The World Equestrian Games at the Kentucky Horse Park.* 2.15 Flog It! (R) 3.00 CBBC 5.15 Escape to the Country (R) 6.00 Eggheads 6.30 **NEW** Strictly Come Dancing - It Takes Two

ITV 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News

4

5.55am Sali Mali (R) 6.00 The Treacle People (R) 6.15 Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 9.30 Lakes on a Plate (R) 10.00 The Good Wife (R) 11.00 Desperate Housewives (R) 12.00noon News 12.05pm River Cottage Bites 12.15 **FILM** Meet Me in St Louis 2.20 Lakes on a Plate 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

FIVE

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.45 Meals in Moments 2.55 The Family Recipe (R) 3.00 **FILM** Snowman's Pass: Mountaineering thriller starring Nicole Eggert and Marc Singer. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

6am

7pm

1am

7.00 The One Show
7.30 Saints and Scroungers Dominic Littlewood exposes some dodgy boxing promoters. (R)
8.00 EastEnders More Cockney squawking.
8.30 Panorama
9.00 Spooks The team have to get their spy on when London comes under threat from a massive biological weapon.
10.00 BBC News, Weather
10.35 Ask Rhod Gilbert
MUST-SEE The Welsh gag man answers questions from the general public. Funny stuff.
11.15 Damages Patty receives a bomb threat that threatens her case. Yikes! (R)
12.00m't Damages Katie prepares for her deposition. (R)
12.50am Sign Zone: My Story Feelgood yarns from people who've triumphed over adversity. (R)

7.00 Games Today
SPORT A round-up of action from the opening day of the Commonwealth Games in Delhi, India.
8.00 University Challenge More brainy head-scratching.
8.30 MasterChef: The Professionals Competitive pan-wielding.
9.00 Horizon: The Death of the Oceans? David Attenborough wags his finger at how the human race are destroying marine life. Sorry, Dave.
10.00 Genius with Dave Gorman The Hairy Bikers help to judge some more rubbish inventions.
10.30 Newsnight
11.20 Today at Conference Political claptrap. Zzzzzzzzzzzz.
11.50 Gareth Malone's Extraordinary School for Boys
12.50am BBC News

7.00 Emmerdale The TV equivalent of stepping in a cowpat.
7.30 Coronation Street
8.00 Countrywise Wellie-based boredom. (R)
8.30 Coronation Street Carla tries to hide her drink problem.
9.00 DCI Banks: Aftermath Payne's wife is taken in for questioning.
10.00 ITV News
10.35 Real Crime with Mark Austin: Britain's Biggest Heist The story behind the Securitas depot robbery in February 2006. It was a bit of a palaver, apparently.
11.35 Stephen Tompkinson's Australian Balloon Adventure The actor mucks about in a balloon for a bit before collecting his pay cheque. (R)
12.30am The Zone Shopping and interactive gaming.

7.00 News
7.55 4thought.tv
8.00 Dispatches Profile of the advisors to the coalition Government. A fun bunch, naturally.
9.00 Titanic: The Mission A look at the coal industry that built and powered the Titanic.
10.00 Jamie's American Food Revolution The chef tries to convince some tubby Americans to ditch the pizza and chips. Good luck with that one, mate.
11.00 3 Minute Wonder: New Sensations 2010
NEW Profiling the shortlisted artists for this year's filmmaking prize.
11.05 This Is England '86 Woody and Lol get back together. (R)
12.10am Music on 4: 360 Sessions: Linkin Park
12.45 Premier League Poker
SPORT Highlights of the opening heat in the tournament.

7.00 Five News at 7
7.30 How Do They Do It? Robert Llewellyn explores the science behind the sat-nav.
8.00 The Gadget Show Jon Bentley debates the pros and cons of 3D TVs. Gimmick, or the future?
9.00 Rory and Paddy's Even Greater British Adventure The comedians take part in a spot of chainsaw sculpting. As you do.
10.00 Assassins
FILM Crash-bang-wallop action thriller starring Sly Stallone as a world-weary hitman who finds himself up against Antonio Banderas' young pretender to his crown.
12.40am Cops in Crisis Documentary following hairy situations through the eyes of the police officers who survived them. Phew!

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30-8.00pm Scotland's First First Minister 11.15 **SPORT** Sportscene **BBC1**
NORTHERN IRELAND: 7.30-8.00pm **NEW** In Your Corner 10.35 Special Deliveries 11.05 Ask Rhod Gilbert 11.45-1.20am Damages **BBC1 WALES:**

7.30-8.00pm X-Ray **BBC2 SCOTLAND:** 11.00-11.20pm Newsnight Scotland, Weather **BBC2**
NORTHERN IRELAND: 10.00pm Seacht 10.25-10.30pm Seinn Liom 11.20pm Stormont Today 11.50 Today at Conference 12.20am Genius with Dave

Gorman 12.50 Gareth Malone's Extraordinary School for Boys 1.50-4.00am BBC News **STV:** 10.40pm Vet School Bites 11.00 Oran na Mha 11.35 Cocairean 12.10am Brain Box 1.00 The Jeremy Kyle Show 2.00-2.30am The Nightshift

ULSTER: 11.00 Ladette to Lady 12.00m't-2.30am Brain Box **ITV1 WALES:** 8.00-8.30pm The Ferret

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
 9.00 Football
 10.30 Golf (HD)
 1.00pm Football
 2.30 Spanish Football (HD)
 4.30 Super Sunday: The Last Word: *Andy Gray looks at the weekend's games.* (HD)
 5.00 Soccer AM: The Best Bits: *A look back at the highlights of Saturday's show.*
 6.00 **MUST-SEE** Darts: *Arrow-chucking action from the opening day of the World Grand Prix where Phil "The Power" Taylor defends the title he won last year.* (HD)
 12.00m't How The 2010 Ryder Cup Was Won: *Action from Wales.* (HD)
 2.00am FIFA Futbol Mundial
 2.30 Sports Unlimited
 3.30 Watersports World: *Round-up of Aquatic activities from across the globe.*
 4.30 Max Power
 5.30-6.00am FIFA Futbol Mundial

sky SPORTS 2

6.00am Aerobics
 6.30 Ryder Cup Golf (HD)
 9.00 Australian Rugby League
 10.00 Rugby League (HD)
 11.00 Spanish Football (HD)
 1.00pm Boxing (HD)
 3.00 Rugby Union (HD)
 4.00 Rugby League (HD)
 5.00 Wild Spirits
 5.30 Angling
 6.00 Motorsport (HD)
 7.00 Netbusters
 7.30 **LIVE** Speedway (HD)
 10.00 Netbusters
 10.30 SPL Round-Up (HD)
 11.00 Premier League Review (HD)
 12.00m't Soccer AM: The Best Bits
 1.00am 15 Years of the European Cup
 2.00 Golfing World
 3.00-5.00am How the 2010 Ryder Cup Was Won: *Highlights package.* (HD)

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM (315)

6.40pm Ever After: A Cinderella Story: *Romantic drama.* 9.00 Mean Machine: *Prison comedy drama starring Vinnie Jones.* 10.55 Peggy Sue Got Married: *Comedy.* 1.00-3.30am Lantana: *Thriller.*

COMEDY CENTRAL (126)

6.00pm Two and a Half Men 9.30 **MUST-SEE** Mike and Molly: *Sitcom following a pair of fatties!* 10.00 Sex and the City 11.10 Peter Kay: The Early Days 12.10am Two and a Half Men 1.10 South Park: *The boys go to a county fair.* 2.10 Grouchy Young Men 2.40 Scrubs 3.10 Two and a

Half Men 4.05 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

DISCOVERY (520)

6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 Mythbusters: *Adam and Jamie build a bridge.* 10.00 Is It Possible? 11.00 How the Universe Works 12.00m't Bear Grylls: Born Survivor 1.00am Deadliest Catch 2.00 Rory McGrath's Best of British Engineering 3.00 Weaponology 3.50 Raging Planet 4.40 Unsolved History 5.30-6.00am How Does That Work?

BBC3 (115)

6.30pm Talk of the Terrace 7.45 **LIVE** NBA 10.45 Between The Lines 11.15 ESPN Kicks 11.30 ESPN Game of the Week 12.00m't NFL 1.30am **LIVE** NFL: Monday Night Football 4.30-5.00am Press Pass 2010

Cherry Gets Married 3.40 Snog Marry Avoid? 4.10-5.10am My School Prom

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 One Tree Hill 10.00 **MUST-SEE** The Inbetweeners: *The gang visits a university, where Will makes an idiot of himself.* Just for a change 10.35 School of Comedy 11.05 Shameless 12.20am A Shot at Love with Tila Tequila 1.15 Scrubs 2.05 Shameless 3.05 A Shot at Love with Tila Tequila 3.50 Samantha Who? 4.10 The Hills 4.35-6.00am Switched

DAVE (111)

7.00pm **SPORT** World Rally 8.00 Top Gear 9.00 Would I Lie to You? 9.40 QI 10.20 Argумент 11.00 Mock the Week 11.40 QI 12.20am Argumental 1.00 Never Mind the Buzzcocks 1.40 Lead Balloon 2.10 And Then You Die 2.35-3.00am Whose Line Is It Anyway?

4 OCTOBER

MONDAY

FULL 7
DAY TV
GUIDE!**sky1**

6.00am Fat Families (R)(HD) **7.00**
 Brainiac: Science Abuse (R)(HD) **8.00**
 Oops TV (R) **9.00** Lion Man (R) **10.00**
 Bones (R)(HD) **11.00** Wedding SOS (R)
 (HD) **11.30** The Secret Guide to Women's
 Health (R) **12.00noon** The Biggest Loser
 US (R) **1.00pm** Project Runway (R)
2.00 Bones (R)(HD) **3.00** Stargate SG-1
 (R)(HD) **5.00** Malcolm in the Middle
 (R)(HD) **5.30** Futurama (R) **6.00** Oops TV:
Home videos. (R) **6.30** The Simpsons (R)

7.00 The Simpsons

Marge is stalked by an escaped crook. (R)

7.30 The Simpsons

Homer becomes a tow-truck driver. (R)

8.00 Best ofOops TV

People falling over. Wooo!

9.00 NCIS: Los Angeles

NEW A special agent disappears during an undercover assignment. Uh-oh. (HD)

10.00 NCIS: Los Angeles

The officers face a race against time to track down a dangerous and highly specialised hit squad. (HD)

11.00 Alex Zane's Guest List

An interview with rapper, actor and consonant fan LL Cool J. (R)

11.30 Law & Order

Bernard and Lupo investigate a suspected hit-and-run. (HD)

12.30am Road Wars

Tarmac-based tear-ups. (R)(HD)

1.30 Road Wars (R)(HD) 2.25 StreetWars (R) **3.20** The 4400 (R)(HD) **4.15**Vroom Vroom (R) **5.10-6.00am**

Sell Me the Answer (R)(HD)

MTV (350)**7.00pm** 16 and Pregnant **8.00**Celebrity Bites **8.30** The Hills **9.00** TheHard Times of RJ Berger **10.00** JerseyShore **11.00** The Dudesons in America**12.00m't** South Park **1.00am** DirtySanchez **2.00** The Dudesons in America:*Mad stunts.* **3.00-6.00am** All the Hits**SYFY (129)****7.00pm** Buffy the Vampire Slayer **8.05****FILM** Titanic 2: Disaster movie. **10.00**Medium **11.00** Warehouse 13**12.00m't** **FILM** Out for a Kill **1.40am**Medium **2.50** Fact Checkers Unit**3.00** Mysterious Ways **4.00** QuantumLeap **5.00-6.00am** Smallville**FX (164)****7.00pm** NCIS **9.00** Family Guy **10.00** ToCatch a Predator **11.00** Dexter **12.00m't**Farscape **1.00am** Babylon 5 **2.00**ReGenesis **3.00-4.00am** Water Rats**TODAY'S MUST-SEES**

"For God's sake, Phil, just sign your name already!"

**TOP ARROWS!**

"I brought a starter for us to share!"

**Mike & Molly** Comedy Central, 9.30pm**COMEDY**

From the writers of *The Big Bang Theory*, this decent new US sitcom follows fat cop Mike as he goes to OA (Overeaters Anonymous) and ends up meeting Molly, a fellow salad-dodger. Expect lardy jokes galore. ★★

**Ask Rhod Gilbert** BBC1, 10.35pm**COMEDY**

This new "comedian on TV" show is good because it gives us, the public, the chance to get questions answered via live link-up! Also, one of the panellists is Rhod's flatmate Lloyd, who's almost as funny as Gilbert himself! ★★★★

Live Darts

Sky Sports 1/HD, 6pm

SPORT

Yay, darts! We welcome pretty much any darts tournament with a whoop of glee and the opening of several cans of beer, and this time we're off to Dublin for the World Grand Prix, where – surprise, surprise! – Phil Taylor's defending the title. It's a title he's won nine times in his career, with last year's victory achieved with the loss of just five sets. For the past two years – surprise, surprise again! – Raymond van Barneveld was the runner-up. We expect the same! ★★★★

**The Inbetweeners** E4, 10pm**COMEDY**

Simon and his new girlfriend Tara (beep beep beep beep!) visit her sister at Uni. Obviously, the other lads invite themselves along in search of one thing – clunge by the bucketload. Expect them to fail. Badly! ★★★★

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BBC ONE

6am
6.00am Breakfast **9.15** Heir Hunters (R)
10.00 Homes Under the Hammer (R)
11.00 **LIVE** Commonwealth Games: *Five finals on the second day of swimming in Delhi.* **1.00pm** BBC News, Weather **1.30**
 Regional News, Weather **1.45** Doctors
2.15 **LIVE** Commonwealth Games: *The women's artistic gymnastics team final.*
5.00 **LIVE** Commonwealth Games: *The remaining events on day two in Delhi.*
6.00 BBC News, Weather **6.30** Regional News Programmes, Weather

BBC TWO

6.00am CBeebies **7.00** CBBC **8.00** **LIVE** Commonwealth Games: *The first three cycling finals.* **11.00** To Buy or Not to Buy (R) **11.30** Daily Politics Conference Special **1.00pm** **LIVE** Commonwealth Games: *Even more from day two in Delhi.* **2.15** Flog It! (R) **3.00** CBBC **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing – It Takes Two

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News **2.00** 60 Minute Makeover **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

4

6.10am Planet Cook (R) **6.35** Yo Gabba Gabba (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Friends (R) **9.30** Lakes on a Plate (R) **10.00** The Good Wife (R) **11.00** Desperate Housewives (R) **12.00noon** Channel 4 News Summary **12.05pm** **FILM** The Quiet Man: Drama. **2.25** Lakes on a Plate **2.55** Wogan's Perfect Recall **3.25** Countdown **4.10** Deal or No Deal **5.00** Come Dine with Me **5.30** Coach Trip **6.00** The Simpsons (R) **6.30** Hollyoaks

FIVE

6.00am Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.45** Meals in Moments **2.55** The Family Recipe (R) **3.05** **FILM** Living Proof: *Fact-based drama.* **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

6am

7pm

1am

7.00 The One Show
7.30 EastEnders
 Feeling a bit too cheery? Watch this.
8.00 Holby City
 More hospital-based moping.

9.00 Kids in Care
 Behind the scenes at social services.

10.00 BBC News, Weather
10.35 My Story
 Amazing survival stories, including the memories of a Congolese former child-soldier. Stirring stuff.

11.05 House of Sand and Fog
FILM Melodrama about a recovering alcoholic and an Iranian immigrant who get involved in a squabble over ownership of a bungalow in northern California. Better than it sounds.

7.00 Games Today
SPORT All the running, throwing and grappling from day two of the Commonwealth games.
8.00 MasterChef: The Professionals
 High-stakes egg-boiling.
9.00 Whites
 A celebrity chef visits the hotel.

9.30 Harry & Paul
MUST-SEE More sketch-based buffoonery with Harry Enfield and Paul Whitehouse.

10.00 Later Live – with Jools Holland
MUST-SEE The pocket-sized presenter hosts guests including the Steve Miller Band, Janelle Monae and Cee-Lo Green.

10.30 Newsnight
11.20 Today at Conference
 Political waffle.
11.50 Gareth Malone's Extraordinary School for Boys
12.50am BBC News

7.00 Emmerdale
 Holly breaks down and admits she's an addict. No more sheep dip for her.
7.30 Grimefighters
 Cleaning. On telly. Great! (R)
8.00 New Who Wants to Be a Millionaire?
 Chris Tarrant chuckles his way through more big-money questions.

9.00 71 Degrees North
 The remaining six celebrities try to fend off hypothermia for another week.

10.00 ITV News
10.35 Swingtown
 Susan attends a fundraising event at the Deckers' home.
11.30 Ladette to Lady
 The girls are down to the final three. A return to vomiting blue WKD all over themselves is tantalisingly close. (R)
12.25am The Zone
 Shopping and interactive gaming.

7.00 News
7.55 4thought.tv
8.00 Wedding House
NEW Bride-based flapping as some wedding experts set about showing off with OTT ceremonies.

9.00 Ramsay's Best Restaurant
 Old Man Shouty stomps around another kitchen offering "constructive" abuse and generally making a nuisance of himself.

10.00 Rude Tube
NEW Alex Zane presents some more daft clips from the web.
11.05 3 Minute Wonder: New Sensations 2010
 The shortlisted artists for this year's award.
11.10 Seven Days
 Reality show from London's trendy Notting Hill. (R)
12.10am Late Night Poker
SPORT Another round of big-money bluffing.

4.05 Police Interceptors (R) **4.55** Animal Rescue Squad: *Highlights of the series.* (R)
5.10 Michaela's Wild Challenge (R) **5.35**
6.00am Michaela's Wild Challenge (R)

1.10am Sign Zone: See Hear (R) **1.40** Digging for Britain: *History show.* (R) **2.40** Natural World (R) **3.40** Britain's Empty Homes (R) **4.10-6.00am** BBC News

4.00-6.00am BBC Learning Zone

2.25 The Rockford Files (R) **3.20** Jeremy Kyle Show (R) **4.15-5.30am** Nightscreen

Gareth Malone's Extraordinary School for Boys
1.20-4.00am BBC News **BBC2** **NORTHERN IRELAND:** **11.20pm** Stormont Today **11.50** Today at Conference **12.20am** Gareth Malone's Extraordinary School for Boys **1.20-4.00am** BBC

News STV: **7.30pm** Being Victor **8.00-9.00** New Who Wants to Be a Millionaire? **10.40** Ladette to Lady **11.40** Made in Scotland **12.00m't Brain Box** **1.00am** The Jeremy Kyle Show **2.00-5.30am** The Nightshift **ULSTER:** **10.30pm** UTV Live Tonight

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
9.00 Darts (HD)
3.00pm Netbusters
3.30 SPL Round-Up (HD)
4.00 Soccer AM: *The Best Bits: A look back at highlights of Saturday's show.*
5.00 Premier League Review: *Recent action from the top flight. Huzzah!* (HD)
6.00 **LIVE** Darts: *The second day of the World Grand Prix in Dublin.* (HD)
12.00m't Football: *Highlights of the big one – yep, it's the Johnstone's Paint Trophy, featuring MK Dons vs Charlton.*
1.30am 15 Years of the European Cup: *Action from the top rugby union competitions between 2001 and 2005.*
2.30 Spanish Football: *Highlights of the latest La Liga matches.*
3.30 15 Years of the European Cup
4.30 A-League
5.00-6.00am Spanish Football

sky SPORTS 2

6.00am Aerobics
6.30 Urban Ride
7.00 WWE: Afterburn (HD)
8.00 Premier League Review (HD)
9.00 How the Ryder Cup Was Won (HD)
11.00 Wonderful World of Golf
1.00pm How the 2010 Ryder Cup Was Won: *A review of the event.* (HD)
3.00 Golf
3.30 Speedway: *The second leg of the Elite League Grand Final.* (HD)
6.00 Spanish Football
7.00 **LIVE** Football: *The Johnstone's Paint Trophy match between MK Dons and Charlton, kick-off 7.15pm.*
9.30 Spanish Football
10.30 Poker Million: *The third heat of the Poker Million in London.* (HD)
12.30am Golfing World
1.30 Golf
2.30-3.30am Sports Unlimited

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

6.45pm Cocoon: *Sci-fi comedy fantasy.*
9.00 The Client: *Thriller starring Susan Sarandon.* **11.20** Natural Born Killers: *Crime thriller with Woody Harrelson.*
1.40-3.55am Damien - Omen II

COMEDY CENTRAL (126)

7.00pm The King of Queens **8.00** Scrubs
9.00 Two and a Half Men **10.00** Peter Kay at the Comedy Store **10.30** Mike and Molly **11.00** Grouchy Young Men
11.30 Sex and the City **12.40am** Two and a Half Men **1.40** Samantha Who?
2.40 South Park **3.40** Two and a Half

Men 4.05 Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier

DISCOVERY (520)

6.00pm Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** Trawler Wars **10.00** Deadliest Catch **11.00** Building the Future **12.00m't** Bear Grylls: *Born Survivor.* **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** Weaponology **3.50** Raging Planet **4.40** Unsolved History **5.30-6.00am** How Does That Work?

BBC3 (115)

7.00pm Total Wipeout **8.00** The Real Hustle: *Celebrity Scammers.* **9.00** Don't Tell the Bride **10.00** EastEnders **10.30** Ideal **11.00** Ideal Outtakes: *With Johnny Vegas.* **11.30** Family Guy **12.15am** Don't Tell the Bride **1.20** Bizarre ER **2.20** Ideal Outtakes **3.20** Total Wipeout **4.20-5.20am** Cherry Goes Drinking

E4 (136)

7.00pm Hollyoaks **7.30** Friends **9.00** Smallville **10.00** The Cleveland Show: *Cleveland and Donna are mugged.* **11.00** The Ricky Gervais Show **11.35** King of the Hill **12.00m't** Scrubs **1.00am** The Cleveland Show **1.50** The Ricky Gervais Show **2.20** King of the Hill **2.40** What About Brian **3.20** Samantha Who? **4.05** The Hills **4.25-6.00am** Switched

DAVE (111)

7.00pm Ray Mears' Extreme Survival **8.00** Top Gear **9.00** QI **10.00** Argumental **10.40** Mock the Week **11.20** Have I Got News for You **12.00m't** QI **1.00am** Argumental **1.40** Mock the Week **2.10-3.00am** Never Mind the Buzzcocks

MTV (350)

7.00pm 16 and Pregnant **8.00** Randy Jackson's America's Best Dance Crew **9.00** Jersey Shore **10.00** The Hard Times

NEW
ISSUE
ON SALE
TODAY!

5 OCTOBER

TUESDAY

FULL 7 DAY TV GUIDE!

sky1

6.00am The Biggest Loser US (R) **7.00**
Brainiac: Science Abuse (R)(HD) **8.00**
Oops TV (R) **9.00** Lion Man (R) **9.30** Lion
Man (R) **10.00** Bones (R) **11.00** Wedding
SOS (R)(HD) **11.30** The Real A&E (R)(HD)
12.00noon The Biggest Loser US
1.00pm Project Runway (R) **2.00** Bones
(R) **3.00** Stargate SG-1 (R)(HD) **4.00**
Stargate SG-1 (R)(HD) **5.00** Malcolm in
the Middle (R)(HD) **5.30** Futurama (R)
6.00 Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons
Bart trades lives with a lookalike. (R)

7.30 The Simpsons
Homer and Marge get married for
a second time. Aaaaah! (R)

8.00 The Little Couple
Following a pair of 4ft newlyweds. (R)

8.30 Super Nurses
Behind the scenes on the wards. (HD)

9.00 Stargate Universe

NEW Sci-fi antics as the crew of
the Destiny find themselves
lacking both supplies and knowledge
of their final destination. Uh-oh! (HD)

10.00 Fringe
MUST-SEE Olivia fights to return
home. (HD)

11.00 Bitten

FILM Ropely vampire comedy
starring Jason Mewes as
a paramedic who begins a relationship
with a new girl, only to realise she's
a vampire. Nightmare, mate.

12.45am Road Wars
Motor-based mayhem. (R)

1.45 Road Wars (R) **2.40** Lost (R)(HD)
3.30 Street Wars (R) **4.20** Vroom Vroom
(R) **5.10-6.00am** Sell Me the Answer (HD)

11.00 The Cube **12.00m't** Brain Box
2.35am The Rockford Files **3.30** Jeremy
Kyle Show **4.25-5.30am** ITV Nightscreen

of RJ Berger **11.00** The Dudesons in
America **12.00m't** South Park
1.00am Dirty Sanchez: Behind the
Seven Sins **2.00** The Dudesons in
America **3.00-6.00am** All the Hits

SYFY(129)
7.00pm Buffy the Vampire Slayer
8.00 A Town Called Eureka **9.00**
Waterworld: Action adventure starring
Kevin Costner **11.30** **FILM** 30,000
Leagues Under the Sea: Sci-fi adventure,
starring Sean Lawlor. **1.10am** **FILM** Mega
Shark vs. Giant Octopus: Monster movie
starring Deborah Gibson and Lorenzo
Lamas. **3.00** Mysterious Ways **4.00**
Quantum Leap **5.00-6.00am** Smallville

FX(164)
7.00pm NCIS **9.00** Better Off Ted
10.00 Family Guy **11.00** Life **12.00m't**
Farscape **1.00am** Babylon 5 **2.00**
ReGenesis **3.00-4.00am** Water Rats

TODAY'S MUST-SEES



NEW SERIES!

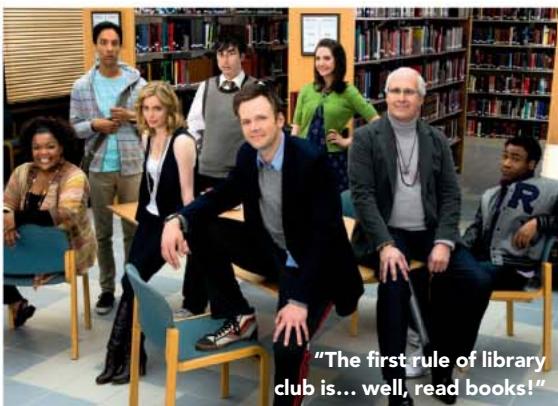


She took a
zero-tolerance
approach to mice



Fringe **Sky1/HD, 10pm**

DRAMA The new series of the weirdy drama
kicks off where the last one ended –
Olivia's doppelganger had escaped the parallel world
and was living in the real world, unknown to Peter and
Walter. Will they figure out it's not their girl? ★★★



The first rule of library
club is... well, read books!

Community **Viva, 10pm**

COMEDY A US import, Community is a comedy
about a group of misfits who all
attend the same rubbish college. Oddly, Chevy
Chase stars in it. Brilliantly, so does Mad Men hottie
Alison Brie! Definitely worth a look. ★★★

Harry & Paul

BBC2, 9.30pm

COMEDY

Is there no limit to the imagination
of comic writers Harry Enfield and Paul Whitehouse? Not on the
evidence of the third series of their top sketch show, which showcases
loads of characters along the way including a South London
dysfunctional family, a '40s drunk and a corrupt Italian politician.
In this second episode, Parking Pataweyo issues a mind-boggling
number of tickets, and the Silver-Haired Beatles perform a single
for the charity Prost Aid among many, many other brilliant
sketches! Top stuff! ★★★★

Later Live - with Jools Holland **BBC2, 10pm**

MUSIC Joining Jools tonight are the Steve Miller Band, R&B singer Janelle Monae and Cee-lo Green out of Gnarls Barkley. ★★★★



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BBC
ONE

6am
6.00am Breakfast 9.15 Heir Hunters (R)
10.00 Homes Under the Hammer (R)
11.00 **LIVE** Commonwealth Games: More splashing around in the swimming events.
1.00pm BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 **LIVE** Commonwealth Games: The opening day of athletics in Delhi. 5.00 **LIVE** Commonwealth Games: Day three in Delhi concludes. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather 6.55 Party Political Broadcast (R)

BBC
TWO

6.00am CBeebies 7.00 CBBC 8.00 **LIVE** Commonwealth Games: Four cycling finals from Delhi. 11.00 To Buy or Not to Buy (R) 11.30 See Hear 12.00noon Daily Politics Conference Special 1.00pm **LIVE** Commonwealth Games: Swimming and athletics coverage from India. 2.00 Daily Politics Conference Special 4.00 CBBC 5.10 Escape to the Country (R) 5.55 Party Political Broadcast 6.00 Eggheads 6.30 Strictly Come Dancing – It Takes Two

itv
1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 Secret Dealers 4.00 Midsomer Murders (R) 5.00 The Alan Titchmarsh Show 6.00 Regional News, Weather 6.30 ITV News 6.55 Party Political Broadcast

4

6.10am Planet Cook (R) 6.35 Yo Gabba Gabba (R) 7.00 Freshly Squeezed 7.30 Everybody Loves Raymond (R) 8.25 Frasier (R) 8.55 Friends (R) 9.30 Lakes on a Plate (R) 10.00 The Good Wife (R) 11.00 Desperate Housewives (R) 12.00noon Channel 4 News Summary 12.05pm **FILM** K-19: The Widowmaker: Cold War thriller starring Harrison Ford. 2.25 Lakes on a Plate 2.55 Wogan's Perfect Recall 3.25 Countdown 4.10 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

FIVE

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.40 House (R) 12.35pm Five News 12.40 Meals in Moments (R) 12.50 Police Interceptors (R) 1.45 Neighbours 2.15 Home and Away 2.45 Meals in Moments 2.55 Zoo Days (R) 3.10 **FILM** Love's Unfolding Dream: Family Western sequel starring Scout Taylor-Compton. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

6am

7pm

1am

7.00 The One Show

Topical stories.

7.30 Bang Goes the Theory

Liz Bonnin visits that pesky Icelandic volcano that caused much fist-shaking among air travellers earlier on in the year.

8.00 Waterloo Road

Ruth becomes a celebrity... in the school. Blimey, talk about Z-list.

9.00 The Apprentice

MUST-SEE The bearded bloke's back to shout at a new batch of deluded wannabe billionaires!

10.00 BBC News, Weather

10.35 The National Lottery Draws

Jodie Prenger presents.

10.45 Reggie Perrin

Reggie's crisis reaches a head. (R)

11.15 Hope Springs

FILM Romantic comedy with Colin Firth and Heather Graham.

12.45am Sign Zone: Dragons' Den

Loons try to bag a load of cash. (R)

1.45 Country Tracks (R) **2.40** Bang Goes the Theory: Mad experiments. (R) **3.10** Watchdog (R) **4.10** Britain's Empty Homes (R) **4.40-6.00am** BBC News

7.00 Games Today

SPORT Running, jumping and chucking fun in the third day of the Commonwealth Games.

8.00 MasterChef: The Professionals

More pro pan-clutching.

9.00 Secret Iraq

MUST-SEE The final part of the ace docu, and how the insurgents turned against al-Qaeda.

10.00 The Apprentice: You're Fired!

NEW Dara O'Briain steps into Adrian Chiles' shoes to catch up with the loser who's just been fired.

10.30 Newsnight

11.20 Today at Conference

Political plop.

11.50 Wonders of the Solar System

Stars and things. (R)

12.50am BBC News

7.00 Emmerdale

Hour-long episode. Groan.

8.00 Midsomer Murders

More from the village that's about as safe to live in as Skid Row in LA. A music prodigy witnesses a woman drowning.

10.00 ITV News, Weather

10.35 The Bodyguard

FILM Romantic thriller starring Kevin Costner and a warbling Whitney Houston. A professional bodyguard falls in love with the superstar singer he has been assigned to protect.

12.55am The Zone

Shopping and interactive gaming.

7.00 News

7.55 4thought.tv

8.00 Food: What Goes in Your Basket?

The team indulge in some food-prodding, including bananas and beef.

9.00 Grand Designs

Restoring two barns in Suffolk.

10.00 Seven Days

Documentary following people living or working in posh Notting Hill.

11.05 3 Minute Wonder: New Sensations 2010

The shortlisted artists for this year's award.

11.10 Ramsay's Best Restaurant

The wrinkly-faced chef checks out some top restaurants in Kent and Sheffield. (R)

12.15am Music on 4: On Track

With Bombay Bicycle Club.

12.30 The Album Chart Show Spotlight

12.45 4Play: Badly Drawn Boy A profile of the perpetual hat-wearer.

7.00 Five News at 7

7.30 Highland Emergency

"Help! We're stuck!" etc.

8.00 Cowboy Builders

A family who employed the building equivalent of Homer Simpson to work on their house get help before it falls down.

9.00 NCIS

A suspected drug-smuggler is apparently killed by his own dog. (R)

10.00 Law & Order: Criminal Intent

Goren goes undercover to take down a high-profile drug dealer.

10.55 Law & Order

The detectives investigate a fire. (R)

11.55 Poker

SPORT Highlights of the Big Game IV in London.

12.50am SuperCasino

Ball-bearing bouncing bobbins.

4.05 Police Interceptors (R) **4.55** Animal Rescue Squad: Highlights of the series. (R) **5.10** Michaela's Wild Challenge (R) **5.35-6.00am** Michaela's Wild Challenge (R)

REGIONAL VARIATIONS

BBC1 SCOTLAND: 7.30-8.00pm **NEW** Scotland's Grand Tours **BBC1 NORTHERN IRELAND:** 10.45pm Tim McGarry's Irish History Lesson 11.30 Reggie Perrin 12.00m't Off the Beaten Track 12.15am Sign Zone: My Story 12.45-1.45am Sign Zone: The

Secrets of Scientology **BBC1 WALES:** 7.30-8.00pm Rhys to the Rescue **BBC2 SCOTLAND:** 11.00-11.20pm Newsnight Scotland, Weather **STV:** 8.00pm Animals Are Amazing 9.00-10.00pm Law & Order: UK 10.30 STV News and Weather 10.40

October Road 11.35 iTunes Festival Highlights 2010 12.25am Brain Box 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift **ULSTER:** 10.30pm UTV Live Tonight 11.00 Real Crime With Mark Austin: The Securitas Robbery 12.00m't Brain Box

2.30-2.55am Countrywise: Yomping yawns. **ITV1 WALES:** 10.30-10.35pm Wales Tonight, Weather

Undercover 2.30 One Non Blonde Down Under 3.00 Ideal 3.30 Him and Her 4.00-5.00am Don't Tell the Bride

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 Ugly Betty 10.00 **FILM** Ferris Bueller's Day Off: Comedy with Matthew Broderick. 12.05am RuPaul's Drag Race 1.05 Scrubs 2.00 RuPaul's Drag Race 2.45 What About Brian 3.25 Life Unexpected 4.10 The Hills 4.30-6.00am Switched

DAVE (111)

6.40pm Have I Got News for You 7.20 Everest ER 8.00 Top Gear 9.00 Have I Got News for You 9.40 Mock the Week: With Rhod Gilbert and Tom Stade. 11.00 Would I Lie to You?: With Danny Baker and Michael Buerk. 11.40 Mock the Week 1.00 Argumental: With Chris Addison. 1.35 Never Mind the Buzzcocks 2.35-3.00am Whose Line Is It Anyway?

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans (HD)
9.00 Darts (HD)
3.00pm Poker: The third heat of the Poker Million in London. (HD)
5.00 FIFA Futbol Mundial
5.30 European Tour Weekly: The latest news from the golf circuit.
6.00 **LIVE** Darts: The third day of the World Grand Prix in Dublin, featuring the opening second-round matches. (HD)
12.00m't Football: Extended highlights of Sheff Wednesday vs Chesterfield in the Johnstone's Paint Trophy.
1.30am Boxing: A review of the first two seasons of the Prizefighter Series. (HD)
3.00 15 Years of the European Cup: A chance to look back at the egg-chasing competitions between 2006 and 2010.
4.00 FIFA Futbol Mundial
4.30 Total Rugby
5.00-6.00am Transworld Sport

sky SPORTS 2

6.00am Aerobics 6.30 Urban Ride 7.00 WWE: Vintage Collection 8.00 Spanish Football 9.00 Football Asia 9.30 Football 11.00 Spanish Football 12.00noon Polocrosse 1.00pm Football 2.30 A-League 3.00 Polo 4.00 Spanish Football 5.00 Watersports World 6.00 Inside the PGA Tour (HD) 6.30 FIFA Futbol Mundial 7.00 **LIVE** Football: The Johnstone's Paint Trophy match between Sheff Wednesday and Chesterfield, kick-off 7.15pm.
9.30 Boxing (HD)
11.00 ICC Awards 2010
12.00m't European Tour Weekly
12.30am Inside the PGA Tour (HD)
1.00 Golf
2.00 Golf
3.00-4.00am ICC Awards 2010

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

5.20pm Springfield Rifle 7.10 Baby's Day Out 9.00 The Full Monty: Comedy starring Robert Carlyle. **10.45** Big Trouble in Little China 12.40am **PREMIRE** Alexandra: Drama starring Galina Vishnevskaya. 2.30 Small Time 3.40-3.55am Where's the Money, Ronnie?

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Two and a Half Men 10.00 Sex and the City 11.40 Samantha Who? 12.40am Two and a Half Men 1.40 South Park 2.40 Sex and the City 3.50 Two and a Half Men

7.00pm **LIVE** NBA Basketball 9.30 NHL Ice Hockey 10.30 30 for 30 11.30 Premier League 12.30am Inside the PGA Tour (HD)
1.30 Kicks 2.00 30 for 30 3.00 NHL Ice Hockey 4.00-5.30am Rugby Union

Men 4.15 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

DISCOVERY (520)
6.00pm Mythbusters 8.00 How Do They Do It? 8.30 How It's Made 9.00 The End of the World Cult 10.00 Trawler Wars 11.00 Is It Possible? 12.00m't Bear Grylls: Born Survivor 1.00am Deadliest Catch 2.00 Rory McGrath's Best of British Engineering 3.00 Wanapedia 3.50 Raging Planet 4.40 Unsolved History 5.30-6.00am How Does That Work?

BBC3 (115)

7.00pm The Real Hustle: Celebrity Scammers 7.30 The Real Hustle Undercover 8.00 Don't Tell the Bride 9.00 **FILM** The Guardian: Drama starring Kevin Costner. 11.15 Family Guy 12.00m't One Non Blonde Down Under 12.30am Ideal 1.00 Him and Her 1.30 The Real Hustle: Celebrity Scammers 2.00 The Real Hustle

6 OCTOBER

WEDNESDAY

FULL 7
DAY TV
GUIDE!

sky1

6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Lion Man (R) **10.00** Bones (R) **11.00** Wedding SOS (R)(HD) **11.30** Babies at Risk (R) **12.00noon** The Biggest Loser US (R) **1.00pm** Project Runway (R) **2.00** Bones (R) **3.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R) **6.00**Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons

A series of flashbacks charts Homer and Marge's rocky marriage. (R)

7.30 The Simpsons

Lisa disguises herself as a nun to infiltrate a convent when Maggie goes missing. (R)

8.00 Emergency Animal Rescue

Ill-treated furries get help. (HD)

8.30 Emergency Animal Rescue

More following the work of the RSPCA as they tackle cases of critter cruelty. (HD)

9.00 Madonna: Sticky and Sweet - Live from Buenos Aires

The singer performs in Argentina capital while up to her eyeballs in botox. (R)

11.30 Ross Kemp on Gangs

Football hooligans in Poland. (R)(HD)

12.30am Road Wars

Cops crack car crime. Blimey – try saying that after a night on the Stella. (R)

1.30 Road Wars (R) **2.20** Street Wars (R) **3.10** Bite Size Brainiac (R) **3.30** Lost (R)(HD) **4.20** Vroom Vroom (R) **5.10-** **6.00am** Sell Me the Answer (R)(HD)

MTV (350)

7.00pm 16 and Pregnant **8.00** Celebrity Bites **8.30** The Hills **9.00** The Hard Times of RJ Berger **10.00** Jersey Shore **11.00** The Dudesons in America **12.00m't** South Park **1.00am** Dirty Sanchez: Behind the Seven Sins **2.00** The Dudesons in America: Stunts and pranks. **3.00-6.00am** All the Hits

SYF (129)

7.00pm Waterworld **9.30** Jurassic Park III: Action adventure. **11.20** Lost City Raiders **1.20am** **Film** Swarm **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville

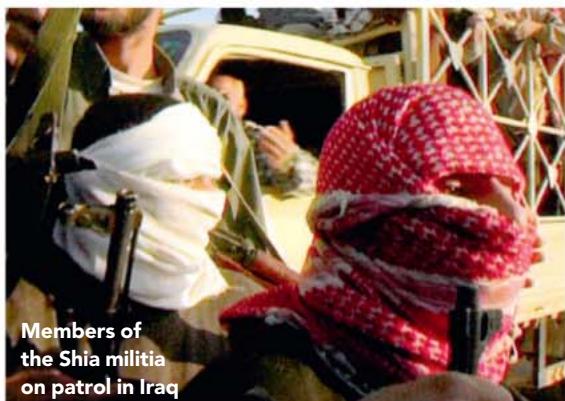
FX (164)

7.00pm NCIS: A murder suspect is killed. **9.00 American Dad! 10.00** **MUST-SEE** Burn Notice **11.00** Dexter **12.00m't** Farscape **1.00am** Babylon 5 **2.00** ReGenesis **3.00-4.00am** Water Rats

TODAY'S MUST-SEES



"Hi, we're the match officials for Chelsea vs Arsenal!"



Members of the Shia militia on patrol in Iraq

Secret Iraq BBC2, 9pm

DOCU The final part of the heavy-hitting docu looking at the realities of the Iraq War focuses on what led the insurgents to turn against al-Qaeda at a time when the organisation controlled large areas of the country. Compelling. **★★★★**



"You told me a red tie would look good with a red shirt!"

Burn Notice FX, 10pm

DRAMA Agent to the spies Tom Strickler tells Michael he's being hunted by a Ukrainian operative with a grudge, so he turns to Miami gangster John Beck for help. Not that it does either much good – they're both captured! **★★**

The Apprentice

BBC1, 9pm

REALITY Fully 16 months after series five of the money-making reality show ended with Yasmina Siadatan crowned the winner, Alan Sugar's back to find a new apprentice from 16 wannabes! We're barely introduced to the latest lot before Sural... er, Lord Sugar packs them off in the dead of night to make sausages, which they have to flog the following day. All of which leads to three of the losing team facing the bristly businessman in the boardroom and arguing with each other. About sausages! Now, what could be more entertaining than that? Nothing. That's what! **★★★★**



The Ten O'Clock News studio had been hit by budget cuts

Richard Bacon's Beer And Pizza Club ITV4, 10pm

COMEDY This is quite good! Bacon and a guest discuss issues that matter to men, with the funniest answers winning points. **★★★**

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BBC
ONE

6am

- 6.00am** Breakfast **9.15** Heir Hunters (R)
10.00 Homes Under the Hammer (R)
11.00 **LIVE** Commonwealth Games: Cycling and swimming finals from Delhi.
1.00pm BBC News, Weather **1.30**
 Regional News, Weather **1.45** Doctors
2.15 **LIVE** Commonwealth Games: The men's and women's 100m finals from Delhi. **5.00** **LIVE** Commonwealth Games: The concluding events on day four in Delhi.
6.00 BBC News, Weather **6.30** Regional News Programmes, Weather

BBC
TWO

7pm

- 7.00** The One Show
 Topical stories.
7.30 EastEnders
 Michael begs Kat to leave with him. Why stop there? Can't he persuade everyone else to go with him too?
8.00 Watchdog
 Anne Robinson scowls as she discovers why drivers are at risk of having their cars seized for no apparent reason.
9.00 Traffic Cops
 An undercover motorbike equipped with video cameras. Hmm, sneaky.
10.00 BBC News, Weather
10.35 Question Time
 Boring blather from Birmingham.
11.35 This Week
12.25am Sign Zone: Panorama
 In-depth/dull current affairs reports. (R)
- 12.55** Countryfile
 John Craven assesses the dangers presented by foxes in urban areas. Er, urban areas? This is *Countryfile*? The clue's in the title, surely! (R)

- 1.55** Wild Wales (R) **2.55** Antiques Roadshow (R) **3.55** Britain's Empty Homes (R) **4.25-6.00am** BBC News

itv
1

- 6.00am** CBeebies **7.00** CBBC **8.00** **LIVE** Commonwealth Games: Four cycling finals, among other tiring-looking stuff.
11.00 To Buy or Not to Buy (R) **11.30** Cash in the Attic (R) **12.00noon** Daily Politics
12.30pm GMT with George Alagiah **1.00** **LIVE** Commonwealth Games: Swimming and athletics coverage from Delhi. **2.15** Flog It! (R) **3.00** CBBC **5.15** Escape to the Country (R) **6.00** Eggheads **6.30** Strictly Come Dancing – It Takes Two

4

- 5.30am** ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show
10.30 This Morning **12.30pm** Loose Women: With Jake Roche and music by A-ha. **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** The Alan Titchmarsh Show **6.00** Regional News, Weather **6.30** ITV News

FIVE

- 6.00am** Milkshake! **9.15** The Wright Stuff **10.45** Trisha Goddard (R) **11.40** House (R) **12.35pm** Five News **12.40** Meals in Moments (R) **12.50** Police Interceptors (R) **1.45** Neighbours **2.15** Home and Away **2.45** Meals in Moments **2.55** Zoo Days (R) **3.10** **FILM** Stone Cold: Crime drama starring Mimi Rogers, Tom Selleck, and his moustache. **5.00** Five News, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** Live from Studio Five

1am

- REGIONAL VARIATIONS**
BBC1 SCOTLAND: **9.00-10.00pm** New Tricks
BBC1 NORTHERN IRELAND: **10.35pm** Hearts and Minds **11.05** Question Time **12.05-12.55** This Week **BBC1 WALES:** **11.35pm** Dragon's Eye **12.05-12.55am** This Week **BBC2 SCOTLAND:**

- 11.00-11.20pm** Newsnight Scotland, Weather **BBC2 NORTHERN IRELAND:** **10.00-10.30pm** Our William **11.20** Mock the Week **11.50** Whites **12.20am** Harry & Paul **12.50** The Apprentice: You're Fired! **1.30-4.00am** BBC News **STV:** **9.00-10.00pm**

- 2.50** The Jeremy Kyle Show: Shouty antics. (R) **3.45** The Cuts Are Coming: Tonight (R) **4.10-5.30am** ITV Nightscreen

- 1.00** King of the Hill **1.45** Who Knows Best (R) **2.40** The Hospital (R) **3.35** Unreported World (R) **4.00** Hercules (R)

- 5.25-6.10am** Countdown (R)

- 11.00** The Cuts Are Coming: Tonight **11.30** **SPORT** RPM **12.00m't** Brain Box **2.30am** **FILM** The Day of the Jackal: Thriller starring Edward Fox. **5.05-5.30am** ITV Nightscreen **ITV1 WALES:** **7.30-8.00pm** Wales This Week **10.35** Sharp End

TODAY'S SPORT

sky SPORTS 1

- 6.00am** Good Morning Sports Fans (HD)
9.00 Darts (HD)
3.00pm Boxing (HD)
4.30 FIFA Futbol Mundial
5.00 Transworld Sport: Action and features, focusing on mainstream activities and minority interest events.
6.00 **LIVE** Darts: Top arrow-chucking with the remaining second-round games in the World Grand Prix in Dublin. (HD)
12.00m't Ringside: Boxing magazine, including highlights of recent bouts and interviews with the stars. (HD)
1.00am Premier League World (HD)
1.30 Time of Our Lives: Programme recalling Great Britain's hockey gold medal in the 1988 Seoul Olympics.
2.30 Ringside (HD)
3.30 Premier League World (HD)
4.00 Time of Our Lives
5.00-6.00am Ringside (HD)

sky SPORTS 2

- 6.00am** Aerobics
6.30 Urban Ride
7.00 WWE: Experience (HD)
8.00 Boxing (HD)
9.30 Football
11.00 ICC Awards 2010
12.00noon Watersports World
1.00pm Football
2.30 Total Rugby
3.00 ICC Awards 2010
4.00 Motorsport
5.00 WWE: Vintage Collection
6.00 Ringside (HD)
7.00 **LIVE** Rugby Union: Newcastle Falcons vs Bourgoin, kick-off 7.45pm. (HD)
10.00 Ringside (HD)
11.00 Time of Our Lives
12.00m't Rugby Union (HD)
3.00am IAAF Athletix Weekly
3.30 Athletics
4.30-5.30am Race World

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

- 7.00pm** Eragon: Fantasy adventure. **9.00** Braveheart: Historical epic starring Mel Gibson. **12.20-4.00am** Comrades: Historical drama starring Robin Soans.
COMEDY CENTRAL (126)
7.00pm The King of Queens **8.00** Scrubs **9.00** Two and a Half Men **10.00** **FILM** Scary Movie 2: Spoof horror sequel starring Anna Faris. **11.35** Sex and the City **1.15am** Two and a Half Men **2.15** South Park **3.15** Scrubs **3.45** Two and a Half Men **4.10** Shortcuts Shuffle **4.20** The King of Queens **5.10-6.00am** Frasier



- 7.00pm** Premier League World **7.30** **LIVE** NBA Basketball **10.00** MMA Live **10.45** UFC Unleashed **11.45** Game of the Week **12.15am** Kicks **12.30** Press Pass **1.00** **LIVE** Major League Soccer **3.00-5.30am** **LIVE** Ice Hockey

DISCOVERY (520)

- 6.00pm** Mythbusters **8.00** How Do They Do It? **8.30** How It's Made **9.00** I Shouldn't Be Alive **10.00** Deadliest Catch **11.00** Greatest Tank Battles **12.00m't** Bear Grylls: Born Survivor **1.00am** Deadliest Catch **2.00** Rory McGrath's Best of British Engineering **3.00** Weaponology **3.50** Raging Planet **4.40** Days That Shook the World **5.30-6.00am** How Does That Work?

BBC3 (115)

- 7.00pm** Top Gear **8.00** Are You Fitter Than a Pensioner? **9.00** Kids with Guns – Stacey Dooley Investigates **10.00** EastEnders **10.30** The King Is Dead **11.00** Family Guy **11.45** Him and Her **12.15am** Are You Fitter Than a Pensioner? **1.15** Kids with Guns – Stacey Dooley Investigates **2.15** The King Is Dead **2.45** E20 **3.10** Britain's Really Disgusting Drinks **4.10-4.40am** Him and Her

E4 (136)

- 7.00pm** Hollyoaks **7.30** Friends **9.00** The Big Bang Theory **9.30** How I Met Your Mother **10.00** **MUST-SEE** PhoneShop: Comedy **10.30** The Inbetweeners: The gang visit a university. **11.05** School of Comedy **11.35** Misfits **12.40am** Scrubs **1.35** Glee **2.15** Misfits **3.10** What About Brian **3.50** Samantha Who? **4.15** The Hills **4.35-6.00am** Switched

DAVE (111)

- 7.00pm** Louis Theroux's Weird Weekends **8.00** Top Gear **9.00** Mock the Week **9.40** QI: With comedian Arthur Smith. **11.00** Mock the Week **11.40** Bottom Live: Weapons Grade Y-Fronts Tour **1.30am** Louis Theroux: Under the Knife **2.30-3.00am** And Then You Die

MTV (350)

- 7.00pm** 16 and Pregnant **8.00** Randy Jackson's America's Best Dance Crew

7 OCTOBER

THURSDAY

FULL 7
DAY TV
GUIDE!

6.00am The Biggest Loser US (R) **7.00** Brainiac: Science Abuse (R)(HD) **8.00** Oops TV (R) **9.00** Lion Man (R) **9.30** Lion Man (R) **10.00** Bones (R) **11.00** Wedding SOS (R) **11.30** Medical Emergency (R)
12.00noon The Biggest Loser US (R)
1.00pm Project Runway (R) **2.00** Bones (R) **3.00** Stargate Atlantis (R)(HD) **4.00** Stargate Atlantis (R)(HD) **5.00** Malcolm in the Middle (R)(HD) **5.30** Futurama (R)
6.00 Oops TV (R) **6.30** The Simpsons (R)

7.00 The Simpsons (R)**7.30** The Simpsons

Lisa embraces her creative side at a performing arts camp.

8.00 Modern Family**MUST-SEE** New series of the ace mockumentary. (HD)**8.30** Modern Family**MUST-SEE** Claire and Mitchell agree to be brutally honest with each other's partners.**9.00** An Idiot Abroad**MUST-SEE** Karl Pilkington has a thoroughly rubbish time on his travels. Hilarious! (HD)**10.00** A League of Their Own**MUST-SEE** The sport-based comedy quiz show hosted by James Corden returns! (HD)**10.30** Football's a Funny Old Game (R)**11.00** NCIS: Los Angeles

A special agent disappears. (R)(HD)

12.00m't NCIS: Los Angeles

The team track a hit squad. (R)(HD)

1.00 Road Wars (R) **1.50** **SPORT** 50Greatest Goals (R) **2.40**Oops TV (R)(HD)
3.30 Lost (R)(HD) **4.20**Vroom Vroom (R)
5.10-6.00am Sell Me the Answer (R)(HD)**11.05** The Wales Show**11.35** The Cuts Are Coming: Tonight **12.05am**Countrywise **12.35-12.50am** The Lakes**9.00** Jersey Shore **10.00** The Hard Times of RJ Berger **11.00** The Dudesons in America **12.00m't** South Park**1.00am** Dirty Sanchez: Behind the Seven Sins **2.00** The Dudesons in America **3.00-6.00am** All the Hits**SYFY(129)****6.00pm** Smallville **7.10** **FILM** Jurassic Park III: Action adventure sequel starring Sam Neill. **9.00** Warehouse 13 **10.00** Haven **11.00** A Town Called Eureka **12.00m't** Haven **1.00am** **FILM** The Terminators: Sci-fi thriller starring Jeremy London. **3.00** Mysterious Ways **4.00** Quantum Leap **5.00-6.00am** Smallville**FX(164)****7.00pm** NCIS **9.00** Family Guy **10.00** American Dad! **11.00** Better Off Ted **12.00m't** Farscape **1.00am** Babylon 5: The Vorlons adopt a new tactic. **2.00** ReGenesis **3.00-4.00am** Water Rats

TODAY'S MUST-SEES

**NEW SERIES!**

Modern Family **Sky1/HD, 8pm**
COMEDY The US sitcom, shot mockumentary style, about a 21st-century American family is back for a brand-new second series and kicks off with a double bill. Brilliantly written, super comic timing and lady friendly. Try *Modern Family!* ★★★★



"All we need is a tree and we're ready for hide and seek!"

An Idiot Abroad **Sky1/HD, 9pm**
COMEDY Reluctant traveller Karl Pilkington visits Israel on his way to Jordan and along the way is subjected to a mock kidnapping, eats lambs' eyes, visits Bethlehem, swims in the Dead Sea and pretty much hates the lot! Brilliant! ★★★★

A League Of Their Own**Sky1/HD, 10pm****QUIZ** All-round Nuts

legend James Corden leads the teams out for a new series of the sports panel show. It's on a bit later than before, so they're allowed to be a bit ruder, which is sure to make it funnier! For the opener, the regular guests including Jamie Redknapp and John Bishop are joined by lovely Lily Allen, while on the other side, Georgie Thompson and Freddie Flintoff are joined by Jimmy Carr. ★★★★

"I've never heard of sit-in security for ladies' changing rooms!"

**Nikita****Living, 9pm****DRAMA** In a new take on the *Nikita* franchise, Division is a secret government agency that takes criminals, cuts their ties with the world and re-trains them into assassins. Maggie Q (hot) is Nikita, the assassin gone rogue looking for revenge. ★★★★**Phone Shop** **E4, 10pm****COMEDY** 2009's Comedy Showcase winner is rewarded with its own series. The employees of Phone Shop are under pressure to meet their sales targets, but their position as number one shop on the high street is wavering. ★★★★

FASHION

Gordon Bennett

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Helpdesk 0844 944 0002. Std nwck charges apply. 18+. Women: Nwk charges only. Men/Gay: Join £10p for 1st 15 msgs sent/recd; 25p thereafter. Pic msgs cost £1.50 each. This is a subscription svce, costing 25p per msg sent/recvd until you send STOP to 88199. SP: X-On.

TEXTCHAT

£1.50 for 1st 15 msgs sent/recvd.	£1.50 per 6 msgs sent/recvd thereafter.
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**Men: Text 'mwall' to 88199
Women: Text 'wwall' to 88199
Gay: Text 'gwall' to 88199**

18+ only. Helpdesk 0844 944 0002. Standard network charges apply. Women: Network charges only. Send STOP to 88199 to Stop. IP: X-On

TEXT CHAT!

women text: ewall
men text: mwall
gay text: gwall

to: 69866

FREE FOR WOMEN*

1st 5 msgs FREE, £1.50 for 5 msgs sent/recvd thereafter.

18+ only. Helpdesk 0844 944 0002. Standard network charges apply. Women: Network charges only. Send STOP to 69866 to Stop. IP: X-On.

Fulfil your fantasies - 18+ Adults only prs service

The HOTTEST personas!

The HOTTEST photos!
AND VIDEOS

Want the HOTTEST HOOK UPS?

18+ HAVE FUN TONIGHT! GET PHOTOS & HOOK UP VIA YOUR MOBILE WHEN IT SUITS YOU

Gill, UK (34)



Get my hot pix... and lets hook up... text

GILL to 68889

Anna, London (36)



Get my hot pix...text

ANNA to 68889

Caro, Wales, (44)



Get my hot pix...text

CARO to 68889

North East (18)



Get my hot pix...text

BLONDIE to 68889

Tash, Glasgow (18)



Get my hot pix...text

TASH to 68889

Minki, Leics (18)



Get my hot pix...text

MINKI to 68889

Claire, UK (38)



UK Rep

Get my hot pix...text

CLAIRE to 68889

Val, UK (40s)



Get my hot pix...text

VAL to 68889

25p per message sent into 68889 £1.50 per received text from 68889. MAXIMUM 4 BILLED MESSAGES PER REPLY. See virtual terms online at [www.ukeeasyaction.com](http://www.ukeasyaction.com) STRICTLY ADULTS 18+

ASK ANY OF THE PERSONAS ON THIS PAGE FOR THEIR PHOTOS! THEY'RE ALL HOT AND THEY'VE ALL GOT 'EM!

All personas 18+

Meg, Lancashire.



Get my hot pix... AND VIDEOS ...Text

MEG to 68889

Milf, 40s North England



Fun loving
naughty women
with photos
Get my hot
pix...text

KISSY to 68889

Katherine, WALES



Can't wait
to send you
my sexy
photos.
text
anytime
24/7
Get my hot
pix...text

KATHERINE to 68889

Polly, 44 UK.



Experienced
woman
wants fun!
Especially
with guy 18-
30!
Get my hot pix...text

POLLY to 68889

18+ ONLY

POSTCODE
MATCH!

See who replies to
your postcode....

To be matched to a
woman (with HOT
photos & maybe HOT
videos
Text-

PC followed by your
postcode to 68889
(for example
PC NE344NB)

Text PC followed
by your postcode to
68889 and get in on
the action! Hook up
via your mobile

*Text SWAP anytime
to swap to a
different hot woman*

25p per message sent in.
£1.50 per received text.

Kat, London, 18 years old!



KAT to 68889

Ami, 20 GLOUCS.



Get my hot pix and HOT
videos ...text

AMI to 68889

18. SCOT.



Get my pix...
text

JEWEL to 68889

Kitty, 18 Lancs.



Get my pix...
text

KITTY to 68889

Lee, 20 Leeds



Get my hot pix...and
VIDEOS text

LEE to 68889

Lily, UK (40)



Wants to hear from a younger
guy. Text me anytime - 24/7
guys! Get my hot pix...and
VERY HOT VIDEOS! text

LILY to 68889

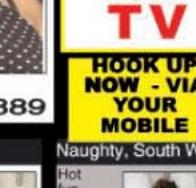
Ker, Kent/London



Get my hot pix...and
VIDEOS text

KER to 68889

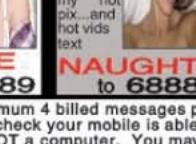
ANNE, 40s YORKS



Get my hot pix...and
VIDEOS text

ANNE to 68889

Amb UK



Get my hot pix...AND
VIDEOS text

AMB to 68889

As Seen on TV

HOOK UP NOW - VIA
YOUR MOBILE

Naughty, South West



Hot fun
girl
looking
for flirts!

Get my hot
pix...and
hot vids
text

HWILKIE to 68889

Naughty, South West

Hot fun
girl
looking
for flirts!

Get my hot
pix...and
hot vids
text

NAUGHTY to 68889

Beverly Mids/UK (30s)

Saucy older woman
wants to hear from
younger guy 18+.

Easy going. Fun
loving kind single
woman 35 - hopes
age doesn't put you
off!

Get my hot pix...and
hot videos text

BEVERLY to 68889

Leah, London/UK (19)

Get my hot pix...text

LEAH to 68889

Tani South West/UK (43)

Get my hot pix...text

TANI to 68889

Carly, 18 UK

Get my hot pix...text

CARLY to 68889

Kyli 20, SUSSEX

Get my hot pix and VIDEOS
text

KYLI to 68889

Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (maximum 4 billed messages per reply). Photos/videos sent in/received charged at 2 billed messages at £1.50 each (£3 in total). You must check your mobile is able to send/receive videos or photos. Contact your network for possible network charges. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. No meeting made or implied. Photos are for display purposes and not to be reproduced. For fantasy entertainment only, areas/details to aid this. Virtual service Terms and conditions @ www.ukeeasyaction.com, please read the full virtual terms and conditions fully. B Media 331, 77 Beaumont Street, Soho, London W1F 6DB. HELP? 08458388647 To swap to a different persona text SWAP to 68889 at anytime. Please ensure you have credit in your phone if you are a PAYG user. We reserve the right to bar users if they are under 18. 18+ SERVICE only. To stop the service text STOP to 68889 at any time.

LIVE CHAT

GET LIVE & SEXY WITH NAUGHTY GIRLS AT HOME

**MATURE LADIES**
Hot mature Ladies know how to get sexy with you! They're always willing to please new callers xxx
0909 897 2053

**SWEET 18'S +**
45P PER MINUTE So very adventurous & fit bodies wanting men of all ages for adventure, fun and thrills xxx xxx xxx xxx
0908 145 2545

**45P SEXY GIRLS**
PER MINUTE Ask what you really want and we will do everything you like. You'll come back for more! xxx
0908 145 0576

**SEXY & MATURE OPEN ALL HOURS**
Experienced Ladies - do you need it hard & fast? Well just call these tasty oldies - best get off in the UK!
0909 897 9111

**40+ YEAR OLD SHARON**
Ladies at home that are mature in so many special ways. Chat now to mature women xxx
0909 897 9416

**GIRLFRIENDS JUST FOR YOU**
45P PER MINUTE Sexy babes at home desperate to be your girlfriend & to please you in everyway possible.
0908 145 0581

**MATURE WOMAN CRAVES ATTENTION**
We just know how to get you off as fast as you want. Superfast, mind-blowing satisfaction from very experienced fit ladies xxx
0909 897 0888

**45P GIRLS AT HOME**
PER MINUTE Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx
0908 145 0580

**45P ON THE PULL**
The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at anytime
PER MINUTE xxx xxx
0908 145 0575

**45P GORGEOUS SINGLES**
Casual singles seriously up for it with as many guys as you can believe. 30 secs to serious heaven when you just need to get off
0909 897 9412

**45P SUPERFAST RELIEF!**
For a super fast sexy relief that is mind blowing, just give us a call. Girls giving live sexy 121!
0909 897 9442

**45P JUST 18+**
18+ hot, alone & ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx
0909 897 2038

**45P FAST RELIEF**
Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx
0908 145 0579

**45P COLLEGE GIRLS 18+**
Looking for horny guys to fill their recreation time! Eager and willing to please, all guys needed urgently for the ultimate get off today x
0908 145 0582

**45P I'LL BLOW YOUR MIND**
PER MINUTE Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx
0908 145 2543

**45P VERY BROAD MINDED**
Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx
0909 897 9333

**45P HAVE FUN & RELAX**
Up close and personal - lovely girls at home just eager to go live with you 1 on 1 x
0908 145 2542

**45P BEAUTIFUL LADIES**
Lovely larger ladies who just want to give pleasure. 100% private and offering a real sexy adult time
0909 897 9405

**45P HUNGRY HOUSEWIVES**
Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx
0909 897 9447

**45P SEXY GIRLS AT HOME**
Beautiful funny intelligent sexy girls with lots of energy that needs to be used now x
0908 145 2544

**45P VERY HOT LADIES**
Girls that are at home that want any guys any age to totally satisfy. Horny sexy 121 x
0909 897 0612

**45P DIVORCED & SEXY**
PER MINUTE Very bad women who will do all you ask anytime. Various horny partners needed urgently xxx
0908 145 0577

**45P HOT & SEXY**
PER MINUTE When you just cannot wait and need a real fast quickie session. Call now for relief
0908 145 0578

**SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469
FOR CASUAL SEXY DATING VISIT www.DATES-4U.co.uk**

0908 145 Calls cost 45p per minute + network extras. 0909 897 Calls cost 60p per minute + network extras. Calls recorded. SMS cost £1.50 each to receive + standard network charges apply. To stop just text 'STOP' to 69469. Mobile users may receive free promotional messages. Callers must be 18+ only to use this service. LiveLines Ltd PO6538 NN2 7YN. Helpline 0844 871 4497.

Nuts PUBAMMO

A pint of trivia and a packet of crisps, please!



The world's hottest curry, a phai served at the Brick Lane Curry House in Manhattan, is so hot that chefs preparing it wear gas masks.

Jaguars are so strong, they can carry cows up trees to avoid flood waters.

Johnny Vegas' TV debut was as a contestant on the art-based game show *Win, Lose Or Draw* in 1996.

There are around 500 active and 1,500 potentially active volcanoes in the world.

Usain Bolt owns a three-tonne section of the Berlin Wall, presented to him after the World Athletics Championships in Berlin in 2009.

The electric eel isn't an eel at all - it belongs to the knifefish family.

The world's smallest man, Edward Nino Hernandez of Colombia, who stands just 27 inches tall, will only hold the title until 14 October, when 22in-tall Khagendra Thapa Magar of Nepal turns 18.

Over 10,000 Premier League goals have now been scored using Nike balls. To celebrate, Nike has made a limited-edition gold Tracer ball (£100, nikefootball.com).

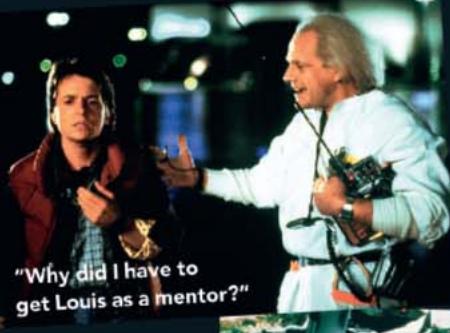
The record for the longest captivity of a live great white shark stands at 198 days, achieved by Monterey Bay Aquarium, California, in 2004.

Phil "The Power" Taylor has won 161 professional darts tournaments - more than twice as many as any other player.

According to the North Korean Ministry of Information, during his first attempt at playing golf, Kim Jong-il shot a round of 38 under par, including five holes in one.



PUB AMMO ON... BACK TO THE FUTURE



- *Back To The Future* is the 138th-highest-grossing film of all time, before taking inflation into account.

- Former US Presidents Ronald Reagan and George Bush Sr both referenced the film in speeches.

- Flea, the bassist from Red Hot Chili Peppers, appeared in the film's two sequels.



- Around 6,500 DeLorean DMC-12 cars like the one featured in the film are still in existence.

- *Back To The Future* marks its 25th anniversary with a return to UK cinemas on 1 October.



Nuts Sam Grierson



**WHETHER WE BE ONE, THREE, FIVE
OR NINE WE PLAY ELEVEN STRONG.**

We celebrate as a team. We dress as a team. We own our friends, neighbours and bitter rivals, as a team. We dare you to deny that We Are Eleven.



11

NO MATTER HOW MANY WE NUMBER

WE ARE 11

"footballing perfection..."

10/10



OUT FRIDAY

youtube.com/easportsfootball



PS3
PlayStation 3

PSP
PlayStation Portable

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